VOLUME VII, NUMBER 1 WINTER/SPRING 1996 Five Dollars

Tools For Exploration

The world's best selection of mind machines
– and more –
including many new products, machines, tools, tapes & books

Dear Friend,

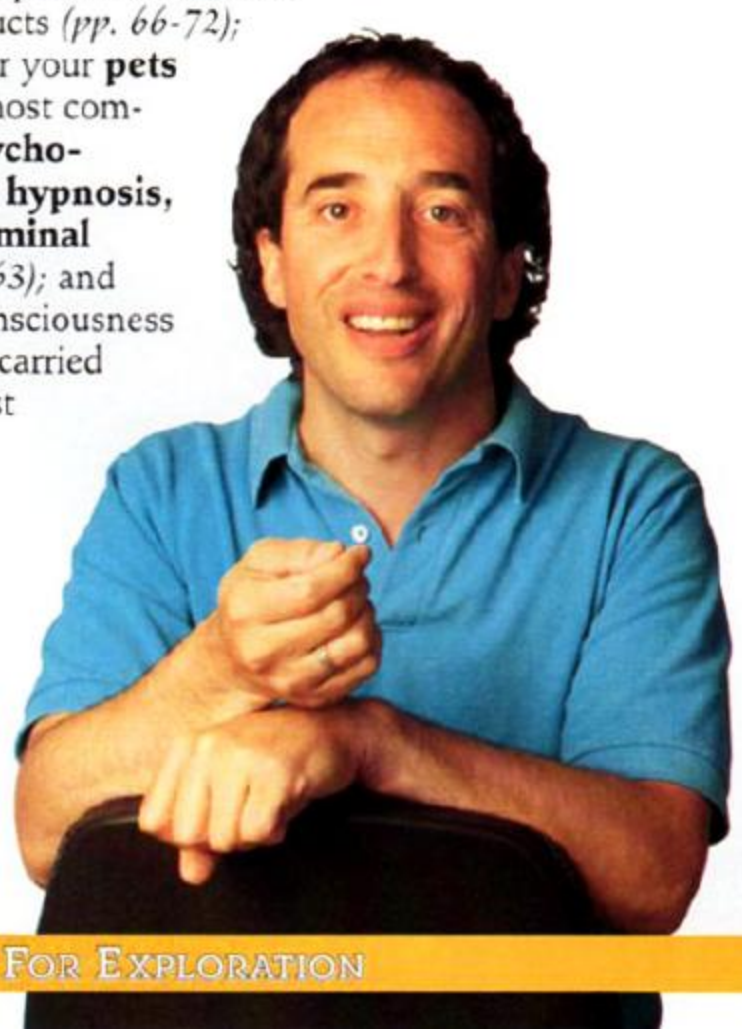
The front cover? Well, we had so much fun at the photo shoot, we decided to share an "outtake" – an unguarded moment of exuberance.

I didn't realize it at the time, but we could have been holding an advance celebration of the sudden appearance of the **unprecedentedly rich "crop" of groundbreaking new products** that appear in this catalog. I've been amazed to see so many great innovations in such a short period of time.

Make sure to check out all of these new products:

- **Aristotle:** An intriguingly fun hand-held, music-driven light-show – so mesmerizing it's sold as a meditation tool! *(page 17)*
- **Consciousness Technology 101:** This may be just what you've been waiting for. In it you get what we think are the most useful instructions for using new technologies, and you get answers to the 100 most frequently-asked questions. Available January. *(page 41)*
- **The High-Performance Mind:** Anna Wise's long-awaited first book – an important publishing event – plus her rich new offering of audiotapes. Available January. *(page 21)*
- **The SMART 100 Brainwave Trainer:** Uniquely easy to use, versatile, solidly designed and built, and affordable. It puts the powerful benefits of brainwave training within reach. *(page 25)*
- **Tensegrity:** For 25 years we've dreamed of learning sorcery like Carlos Castaneda. Well, now we can, on video! *(this page)*
- **Valerie Hunt:** A new book, tapes and video from a ground-breaking scientific researcher into the human energy field. *(page 4)*
- **"Chill" with "Ambient Dub":** The new generation would never call it "New Age", but they're creating some really great new electronic music. Some of it is imaginatively designed for opening, expanding, "chilling" and/or "tripping" your consciousness. *(page 79)*
- **The Somatron "Wedge":** Enjoy top-quality vibro-acoustic delight for just $400! *(page 43)*

PLUS: An easy, authoritative home-study course in **Superlearning,** plus a chance to learn **"PhotoReading"** – both in our new **"Learning"** section *(pp. 22-23);* new choices on **ganzfeld goggles** *(p. 33);* a new page of **light and color** tools *(p. 32);* a great new **EMF meter** comparable to what public utilities use for "official" readings *(p. 64);* an expanded section of **subtle energy** products *(pp. 66-72);* a page of products for your **pets** *(p. 73);* the world's most complete selection of **psycho-acoustic, advanced hypnosis, and scientific subliminal audiotapes** *(pp. 48-63);* and hundreds of great consciousness technology products carried forward from our past catalogs! Thanks for checking us out!



Sincere good wishes,

Tom Pat

NEW! Carlos Castaneda's Tensegrity

Twenty-five years ago, anthropologist Carlos Castaneda published a book about his initiation by don Juan Matus into the ancient and nearly lost world of Mexican Indian sorcery. That book, titled *The Teachings of Don Juan: A Yaqui Way of Knowledge,* became a worldwide sensation. Subsequently he wrote eight popular sequels to this book; yet, in spite of his increasing renown, he himself remained in the shadows.

Now, for the first time ever, Carlos Castaneda has sponsored a videotape that actually teaches some of the sorcery techniques referred to in his books. The video teaches movements called "magical passes." Traditionally taught one-on-one, "magical passes" were customized by Mexican Indian sorcerers to the characteristics and needs of the initiate. They were passed down from generation to generation, shrouded in secrecy and ritual. Carlos Castaneda himself received the technique in this customized, personal way.

It took some ten years for Castaneda to transform this technique into a collection of movements that could be applied universally. He called these revised sets **Tensegrity,** a term borrowed from architecture, and taught them to his three students – Kylie Lundahl, Reni Murez and Nyei Murez – who perform them on this videotape. (Nonreturnable unless defective.)

Tensegrity: 60-minute VHS video. (CV400) $29.95

Available November 1, 1995 –
Tensegrity Volume 2 – Redistributing Dispersed Energy: 60-minute VHS video. (CV401) $29.95

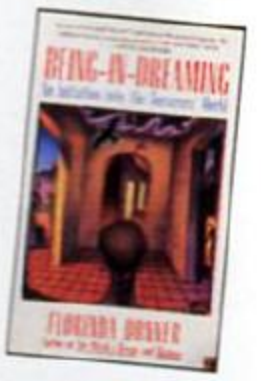
Recent related books on sorcery:

The Art of Dreaming
by Carlos Castaneda

In this, his latest book, Carlos returns to the enchanted world of the Yaqui sorcerer, Don Juan. He recalls his instructions on using "the fourth gate" of dreams as a 2-way portal to other worlds, enabling him to enter the "inconceivable reality," "stalk power," and "see."

Paperback 260pp **(NB130) $12.00**

Being-in-Dreaming NEW!
by Florinda Donner



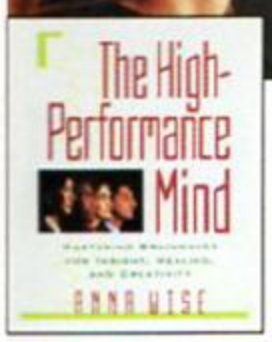
This unforgettable spiritual adventure tells the personal story of Florinda Donner, longtime colleague and fellow dream-traveler of Carlos Castaneda. Her halting, sometimes unwilling, often bewildering initiation is at turns spellbinding, mysterious and humorous.

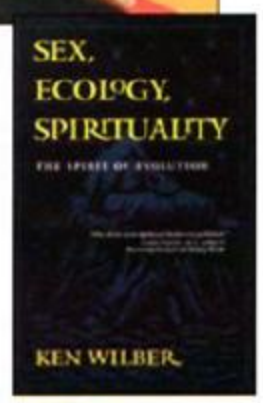
Paperback 303pp **(BC801) $10.00**

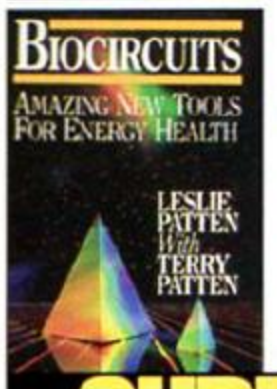
The Sorcerer's Crossing: A Woman's Journey
by Taisha Abelar
Foreword by Carlos Castaneda NEW!

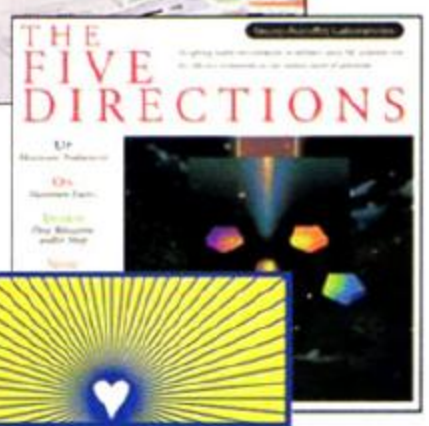
While traveling in Mexico, Abelar became involved with a group of sorcerers and began a rigorous physical and mental training process designed to enable her to breach the limits of ordinary perception. Her enthralling story, told here in practical detail, is a virtual "sorcerer's manual."

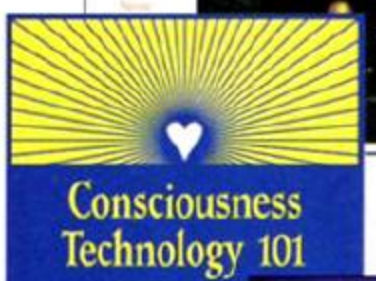
Paperback 252pp **(BC800) $11.95**

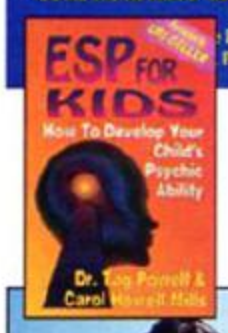


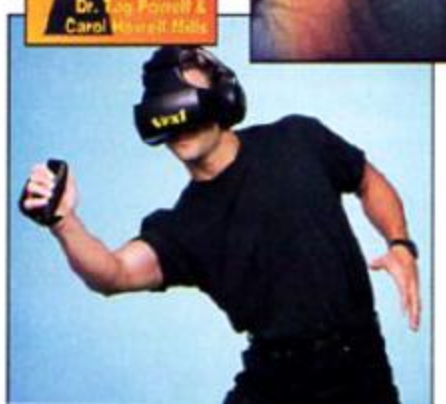












How to find what you're looking for

Also refer to:

- *New Products letter – facing page (Read about our unprecedented array of new products!)*
- *General Index & Tape/CD Index – p. 78*
- *Ordering Information & Form – p. 40 & center insert*

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Virtual Reality
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Light & Sound
Introduction, including books & tapes *(pp. 7-9)* – plus the world's most complete, high-quality selection of mind machines – including new units featuring breath awareness and a "light mantra engine"!
7-17

BioCircuits
18-20

High Performance & Learning
Including Anna Wise's new book, plus Superlearning, PhotoReading, Infinity Walk, and more.
21-23

Brainwaves
Including the BrainTracer, WaveRider, IBVA, Neurodata, and SMART 100 Peak Performance Trainer
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Biofeedback & Tools from Leading Researchers
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(& throughout catalog)

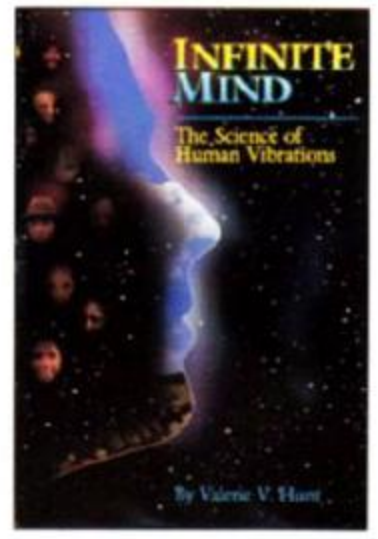
Dr. Valerie Hunt: Her Groundbreaking Work Stands Alone NEW!

Dr. Valerie Hunt has had a distinguished 40-year career as a university professor and physiology researcher. Currently Professor Emeritus from the Department of Physiological Sciences at UCLA, she has devoted the last 25 years to measuring and mapping human bioenergy, and is the first researcher to make **objective, repeatable measurements of the full spectrum of the field surrounding the human body.**

Dr. Hunt has developed a recording instrument (with sensors similar to those used to identify muscle tension) to discover and measure frequency patterns existing in physiological, emotional and consciousness-based conditions and diseases. Her most important readings occur in much higher vibrational ranges than those pertaining to muscle tension – with frequencies in the megahertz range and above.

Dr. Hunt's work is a unique and groundbreaking contribution to a new scientific model of human behavior physiology, with important practical implications. For example, she reports that the energetic emanations of the body show anti-coherent changes before actual disease conditions can be diagnosed. Her data also shows the first "chaos" patterns ever demonstrated in biological systems.

Infinite Mind: The Science of Human Vibrations



This book tells the story of Valerie Hunt's research, including her journey to a new spiritual understanding. Alternating between theory, laboratory experiments and personal anecdotes, Dr. Hunt discusses telepathy, past lives and healing in the context of current quantum theory. She also offers a new model for clinical assumptions, correlating wave shapes with auric colors and field coherence, and correlating anti-coherency with states of health and illness. Hardcover, 364pp **(BB448) $27.50**

Video: The Human Energy Field and Health

A lecture by Dr. Hunt, including slides and pictures, describing energy field changes associated with health, disease, pain, emotions, imagery, and consciousness states. She also discusses chaos patterns, field coherency, illness, aging, and the energy source of free radicals. 60-minute VHS videotape. **(VB441) $49.95**

Music of Light – Balancing "Food" for the Energy Field

After years of recording the human body's high frequencies, Dr. Hunt was able to correlate the primary frequency bands with specific auric colors. Later, she created audible recordings of the subharmonics of each high-frequency band, and then played these recordings back to the body while monitoring extraordinary changes in the body's energy fields. The recorded changes suggest that the body is able to take a kind of "nourishment" from these sounds, using them to supplement its missing vibrations so that the total energy field comes into balance.

For example, the Red-Orange-Amber spectrum (featured on the "Vitalizing" tape) stimulates feelings of strength and vigor associated with vital health. The Yellow-Green-Gold spectrum ("Neural Tuning") promotes sensory awareness with improved physical coordination and creativity. The Blue-Violet-Mauve spectrum ("Relaxing") soothes and cools the listener, releasing tension and stress. The White-Gold-Blue tape ("Elevating") has the greatest recharging effects as it expands the listener into higher consciousness. The blend of colors in the Rainbow tape ("Stabilizing") encourages stability, coherence and richness of the body's field which is experienced as a fuller, more integrated consciousness.

These five tapes, containing music and high frequencies, are shipped in an album with slots for six tapes (one slot is empty), with instructions for use.

The Music of Light (5 Cassette Album) (TB449) $135.95

The NeuroLink™ NEW!

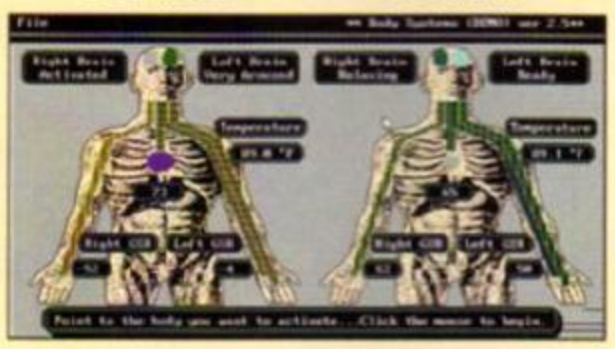
Intuitive BioData from Robert Dilts

Robert Dilts, well-known in NLP circles as a brilliant therapist, theorist and teacher, co-developed the **NeuroLink** to provide himself and other practitioners with a meaningful real-time look at his clients' internal states. The NeuroLink is a multi-channel computer-based physiological monitoring system. Unlike conventional physiological monitoring and biofeedback systems, it summarizes data in ways that are instantly clear and intuitive, and thus more congenial and appropriate for many practical uses. The NeuroLink also interprets data in some unique ways based on the functional differences between the left and right sides of the brain and body.

Any combination of probes can be connected to the NeuroLink facilitating multi-user applications and research. Additional probes are required for those applications. A non-returnable professional product.

System Specifications: 4 channels of data, including L/R GSR (EDR), TEMP, and Heart Rate (including Averaged, Instantaneous and BPV). All leads and sensors included.

BEFORE *AFTER*



System Requirements: 386 or better, DOS 3.1 or later, 3MB of hard disc. Mouse recommended. VGA. Free serial port.

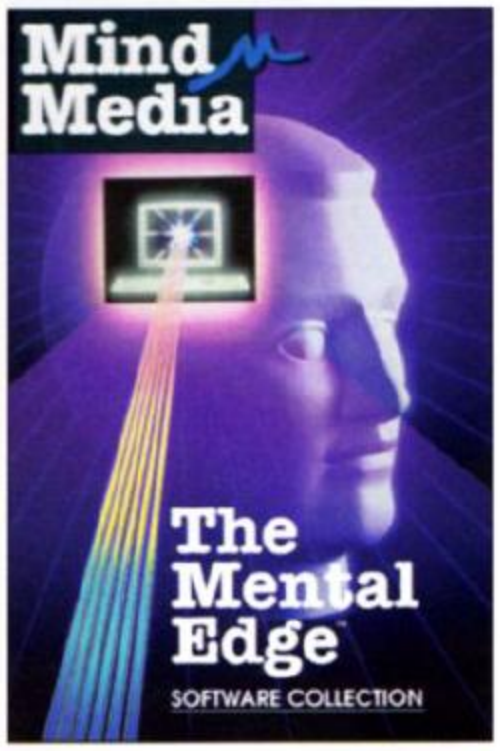
The NeuroLink (BF100) $775.00

NeuroLink Video with Robert Dilts

Robert Dilts demonstrates the NeuroLink in this video seminar, which features split-screen between Dilts, the NeuroLink screen and/or the subject's face. A great way to preview the NeuroLink. 110-minute VHS videotape.

Videotape only **(NV300) $49.95**; *With three 3.5" demo discs* **(NV301) $64.95**

Mental Edge Software Bundles at Bargain Prices NEW!



Turn your computer into an interactive self-exploration machine!

For seven years, the Mindware catalog carried a wide selection of self-exploration software titles. Now, Bruce Ehrich, founder of the Mindware catalog, has published collections that include Mindware's top-selling programs of all time. His software publishing company, Mind Media, is introducing these products in bundles, with incredible savings off retail for a limited time only.

Windows

Save $608.60 Off list!

Includes: **Creative Whack Pack for Windows** (Mfg. Sugg. List $29.95). Based on the best-selling book *A Whack on the Side of the Head* – will "whack" you out of habitual thought patterns and have you generating breakthrough ideas. **Personality Plus for Windows** (Mfg. Sugg. List $49.95). Reveals your unique combination of traits and how they affect your emotions, your professional life and your relationships with friends and intimate others. View the colorful chart and detailed analysis on screen or print it out. **Color Test for Windows** (Mfg. Sugg. List $49.95). Produces a description of personality according to the unique color selections you make. **Achievement Planner 3.0 for Windows** (Mfg. Sugg. List $99.50). More than just another Windows PIM, this powerful program brings all the features of Metadynamics Achievement Seminar to the desktop. **Boost Your Brain Power! 30-Minute IQ Test for Windows** (Mfg. Sugg. List $49.95). This program measures key aspects of your Intelligence Quotient or anyone else's. **Paramind Brainstorming Software for Windows** (Mfg. Sugg. List $99.95). Paramind uses a unique "idea processing language" to produce exotic, sparkling and exciting new flashes of inspiration. **PC Therapist V for Windows** (Mfg. Sugg. List $79.95). Developed originally by Dr. Joseph Weisenbaum, this program talks to you like a therapist and actually learns as you converse. **MasterMind for Windows** (Mfg. Sugg. List $39.95). Based on the board game Super MasterMind, this program allows you to have fun while improving your mental ingenuity. **Subliminal Messenger for Windows** (Mfg. Sugg. List $49.95). Train yourself, get rid of bad habits, or implant new ideas with subliminal messages. **ThoughtMaster Screensaver For Windows** (Mfg. Sugg. List $39.95). Thoughts from history's greatest minds will hover on your computer screen.

Mental Edge for Windows
(SW801) $79.95

DOS

Save $1,148.90 Off list!

Includes: **Brainstorm Idea-Gen** (Mfg. Sugg. List $129.95). **The Computer Brainwave Machine** (Mfg. Sugg. List $69.95). **Turbocharge Your Brain! – IQ Builder** (Mfg. Sugg. List $79.95). The most popular Mental Edge product, IQ builder measures not only IQ but 53 other key components of your intelligence and creativity. **Career Path** (Mfg. Sugg. List $69.95). Find the career that's right for you; includes vocation test and much more. **Autowriter** (Mfg. Sugg. List $59.95). Amazing program will automatically write that article or paper for you using artificial intelligence. **Neuron Expert IV with StockNet™** (Mfg. Sugg. List $21.95). Make your own neural networks, computer programs that allow your computer to think the way a human brain does – by learning from experience. **TreeMaker: Flow Chart Generator** (Mfg. Sugg. List $169.95). Create perfect tree and flow charts for business or brainstorming with this intuitive program. **Mindviewer** (Mfg. Sugg. List $49.95). Uncover anyone's hidden personality – prints a five page report detailing personality, hidden sexual fantasies, motivators and more. **Motivation Advisor** (Mfg. Sugg. List $99.95). Inspire and motivate others with this breakthrough program. **Compatibility Prober** (Mfg. Sugg. List $49.95). Now you can measure the compatibility of any two people. **Habit Change Program** (Magic Mirror) (Mfg. Sugg. $39.95). In simple step-by-step tutorials, powerful techniques and ideas are presented that you can use in your daily life. **Find Out What Your Dreams Really Mean! Dream Analyzer** (Mfg. Sugg. List $69.95). This program makes it easy to analyze all of your dreams for self-discovery, creativity, and becoming a more powerful personality. Prints report. **Synchronicity** (Mfg. Sugg. List $79.95). Synchonicity's colorful animations and unique sounds help your relax – so you can get in touch with your intuition and make a clear choice. A mood-altering software experience based on the ancient Chinese I-Ching.

Mental Edge for DOS
(SW802) $79.95

Macintosh

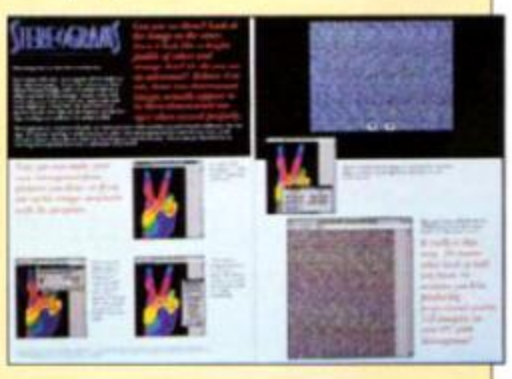
Save $579.50 Off list!

Includes: **Personality Profile v. 1.4** (Mfg. Sugg. List $69.95). You'll discover the hidden parts of your own and other people's personalities. **Creative Whack Pack** (Mfg. Sugg. List $29.95). Stimulates you to new heights of creativity, no matter what the task. Roger Van Oech's Creative Whack Pack will "whack" you out of habitual thought patterns and have you generating breakthrough ideas. **Turbocharge Your Brain! IQ Booster** (Mfg. Sugg. List $49.95). The first computerized IQ test for the Macintosh is also the most accurate computer IQ test ever developed. **Mindset** (Mfg. Sugg. List $49.95). Programs your subconscious with messages that appear at a comfortable rate on your computer screen. **Synchronicity** (Mfg. Sugg. List $79.95). Synchonicity's colorful animations and unique sounds help your relax – so you can get in touch with your intuition and make a clear choice. A mood-altering software experience based on the ancient Chinese I-Ching. **Your World** (Mfg. Sugg. List $79.95). The first Graphical Personal Information Manager (PIM) designed for Macintosh enthusiasts. Helps you juggle people, appointments and tasks. **Rune Hilda** (Mfg. Sugg. List $49.95). The first software version of the ancient Viking Runes. **Goal Writer** (Mfg. Sugg. List $49.95). The one quality that separates highly successful people from the rest of us is knowing your goals. **Eliza 4.1 for the Macintosh** (Mfg. Sugg. List $59.95). Eliza will amaze you with its ability to ask probing therapeutic questions and then keep the conversation going. **Communicate!** (Mfg. Sugg. List $29.95). Communicate more clearly and assertively with this user-friendly program. Elephant's Memory (Mfg. Sugg. List $59.95). Remember important names at business or social functions. Mentally keep track of long lists of tasks and appointments with this memory training seminar on a disk.

Mental Edge for Mac
(SW803) $79.95

Make Your Own 3D "Stereograms!" NEW!

Finally, a program that lets you make your own 3-D posters, greeting cards or stationery. Or you can load Stereograms into desktop publishing documents to add 3D touches to any communique. Use any of Stereograms' over 100 onboard illustrations or import 3D images from Windows Paintbrush,™ Corel Draw,® PC Paint® or Photoshop.® Create up to 256-color tiling for finely detailed renderings, with over 75 sample tiles. Over 100 professionally detailed sample Stereograms can be enjoyed or reproduced the minute you load the program.



System Requirements:
Windows 3.1 or higher, 4 Megs RAM (8 is better), 5 Megs disk space, 16/8 bit sound (optional), and mouse. For CD: Single speed CD-ROM or better with MPC CD-ROM-compliant computer. Supports all Windows™-compatible printers.

Stereograms!
Windows Floppy Disk
(SW101) $19.95

♥ **Stereograms! CD-ROM**
(SW102) $29.95

The VFX1 HEADGEAR™ VR System

For a couple of years now, we've all been hearing about Virtual Reality. Now we've identified *the* delivery system to acquire: The VFX1 head-mounted VR System from Forte Technologies.

- **It's fully immersive and Stereoscopic,** which means it can put you "inside" the virtual world with full depth perception (high contrast, full color, 181,470 pixel, 789 x 230 resolution, with focus and IPD adjustments) and directional sound (from AKG of Austria), and it can block peripheral glimpses or noise from the room you are in. It even includes a microphone for multi-player communications.
- **It includes excellent head-tracking** so you see right, left, up and down as you turn your head – an essential feature (it's an expensive add-on with some other systems). Their VOS™ (Virtual Orientation System) offers 360 degrees of yaw and ±70 degrees of pitch and roll.
- **It's lightweight, ergonomic, well-built,** reasonably cool, fully adjustable, and comfortable (not a universal feature on such products). The SmartVisor™ rotates up and away when you want to see your surroundings.
- **It's integrated with the "CyberPuck,"** an excellent 2-axis virtual reality controller with 3 programmable buttons for navigating through virtual space.
- **It will "share" your computer.** Most other headsets are impractical to disconnect and reconnect. The VFX1 makes switching easy, so that you don't have to dedicate your computer to VR (unlike the other systems we've checked into). It does this by interfacing with a standard VGA card through the VIP™ peripheral card in a way that lets you switch back and forth with your regular gear and applications.

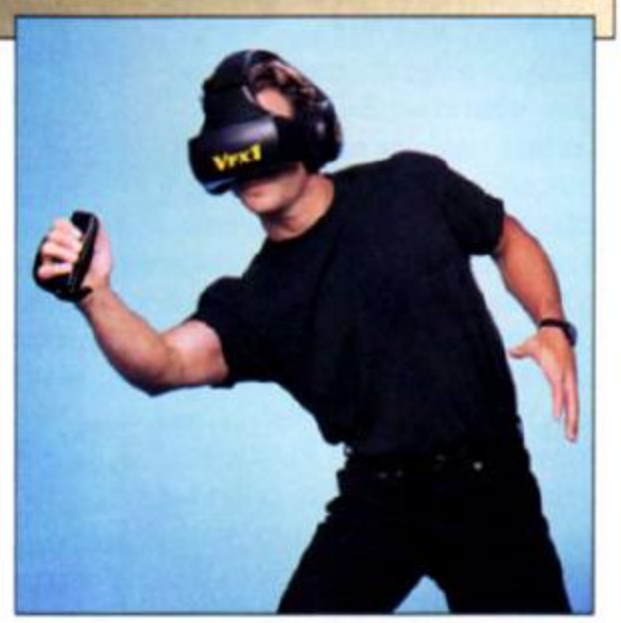
- **The manufacturers are serious VR players.** The VFX1 HEADGEAR has been in development for over three years, in contrast to other units that are sometimes rushed to market prematurely. More importantly, it's supported by all significant VR software developers – business applications as well as games. The clearly conceived expandability will prevent premature obsolescence. And, *most* importantly, Forte Technologies offers full telephone and on-line technical support.

What You Get: A fully functional "turnkey" kit, including VFX1 HEADGEAR, CyberPuck, VIP card, cables, installation software on 3.5" disks, and a bonus CD-ROM with playable demos of **Doom,™ Magic Carpet,™ Heretic,™ System Shock™** and **Flight Unlimited.™**

The VFX1 also supports serious application programs like VREAM® and Sense8.™ Just install the VIP™ Card, which acts as host for the ACCESS.bus™ PC Connectivity Standard. The VFX1 connects via the ACCESS.bus (so flexible it can accommodate up to 125 different peripherals simultaneously).

System requirements: 386 (486 or greater recommended), video card with standard VGA feature connector, a good quality stereo sound card (3-D capability best), free expansion slot (16-bit PC ISA).

(VR991) $995.00



Note: Due to the demand for this product, some shipments may be delayed; please ask about delivery time when you place your order.

VR Games Available Now – all in CD Rom: *Call for titles.*

3DTV!

A whole new dimension of presence and realism! The images pop out of the screen, startling you with their lifelike presence.

3D Home Theatre Kits

Connect the 3DTV signal box between your VCR and TV. Insert the specially recorded 3D VHS videocassette in your regular VCR and don your LCD visor. Then watch TV as usual – and you will see something extraordinary. 60 times each second, the image on your TV set (and your visor's flickering LCD lenses) will alternate between your left and right eyes. Each eye will be shown the same scene, but "left" and "right" scenes are filmed by two different lenses positioned a few inches apart. These two slightly different vantage points result in true stereoscopic vision!

For One

You get the 3DTV driver box, a visor, a sampler video *(Outrageous 3D – Volume 1)*, and a carrying case. Any TV, monitor or projector (except those using LCDs) can be used with any VCR.

3D Theater for One (NT101) $175.00

For Two

Same as for one, but you get two visors (so you can share the experience with a friend) and two videos *(Outrageous 3D – Volumes 1 & 2)* for a wider sampling of what's possible in 3D video.

3D Theater for Two (NT102) $235.00

3D Video Library Titles $39.95

A list is available upon request.

3D Computer

The world's first commercially available low-cost interactive true stereoscopic 3D game system for IBM PCs and compatibles. You get a CD with three 3D games: **3DGo** (3D Tic Tac Toe); **Ricochet** (similar to 3D racquetball); and **VRSlingshot™** – Basic Version (you pilot a fighter plane in outer space). You also get a 3D photo gallery; 3D animations (some animations are interactive); and detailed technical information. (Also available on floppies – $10 extra.)

Requires color VGA graphics, CRT monitor and 2 megabytes of free memory. Ricochet requires a mouse; VRSlingshot requires an analog joystick with thrust button. Includes disks, parallel or serial interface, and 1 set of LCD glasses.

3D Magic (for PCs and compatibles) (NT103) $270.00

Light and Sound: Touching the Inside of Your Soul... from the Outside

To really touch our souls, we must journey deep within ourselves. It's an exciting trip, full of all sorts of revelations and surprises. It can also be harrowing, since we must go alone – naked, and in silence.

Along the way, friends and lovers are essential. Good books will speak to us. So will quiet mountains and still lakes. Even loud rock 'n' roll. We will also be made flexible. And our sense of humor will help guide us.

Since ancient times, men and women have known that dancing flames and rhythmic drumbeats can become a bridge for crossing important chasms that must be traversed if we are to make that entire journey. Today, dancing flames (flashing in precise patterns in sophisticated goggles) and precisely throbbing drumbeats (heard through headphones) can help you cross into places where you may encounter an important stranger – yourself.

Just slip them on, and feel the everyday world dissolve as the mesmerizing colors and sounds move you into another world. It can be an exhilarating journey. You may even encounter that huge, elusive Silence. In any case, when you come back, you'll feel calm and energetic. Refreshed. And ready for whatever's next.

"Spiritual Energy System" and "Material World" by Alex Grey are from **Sacred Mirrors: The Visionary Art of Alex Grey** *(see page 32).*

What a Light & Sound Machine Can Do for You

Relaxation. Stress reduction. Accelerated learning. Creative visualization. Peak mental performance. Deeper and more restorative meditation. Many people use light and sound machines to help them achieve any (or all) of these objectives. With so many tantalizing possibilities, you may be wondering where to begin.

We suggest that new users begin with the relaxation programs, since relaxation is an excellent gateway to other light and sound (L/S) activities. Then use your L/S sessions to increase the effectiveness of things you are already doing: Add an exciting new element to your meditation, relaxation, or stress-reduction program – or simply learn to achieve desired states in less time. Learn to create a calm, undisturbed space in the midst of daily chaos.

Experiment with the programs that come with your machine, then (if the machine is programmable) tailor them precisely to your needs. Here are some types of programs you might want for your L/S machine:

Relaxation: Take an energizing break! Once the response is learned, relaxed states can be reached in minutes (or even seconds)! Use to prevent jet lag – before you land.

Sleep: Use when tired, but not yet sleepy – or if you wake up and can't get back to sleep.

Meditation: Use programs for deep relaxation combined with mental alertness – or deeper and more dreamlike states.

Creativity: Use for brainstorming and problem-solving, or for creative visualization and self-transformation.

Learning: Use with language cassettes and other learning tapes – or just before or after classes or meetings to improve recall. Check out the programs for "twilight" or "sleep" learning.

Entertainment: See kaleidoscopic patterns of vivid, ever-changing geometrical imagery.

Expanded Perception: A quiet mind allows for new insights. Learn to let yourself see things in a different way.

Tools For Exploration specializes in providing information to help match each customer with the right L/S machine.

From the world of Light & Sound machines, we've picked the best for you.

How to Choose the Right Machine for You

After you look at the light and sound products on the following pages, we suggest you consider a few key questions:

1) **What are the main purposes for which you plan to use your machine?** The more basic units provide good value but don't always provide the sophistication and special applications some buyers need.
2) **About how much money are you willing to spend?**
   - Modestly priced units will cost between $150 and $230 and can provide a good L/S experience for years.
   - Mid-range machines are priced between $250 and $350 and provide a wide variety of upgraded features.
   - Top-of-the-line machines boast more convenience and depth of experience, and are priced from $450 to $595.
3) **What features are important to you?** See "What Features to Look For and What They Do" *(at right)*. Since more flexibility requires more complex controls, how much complexity are you comfortable with?
4) **Are you a student? A professional practitioner? A meditator? Are you excited about creative experimentation?** Check out "Tapping the Possibilities: Some Helpful Tips" *(page 9)*.

What Features to Look For and What They Do

Almost all light and sound units consist of goggles, headphones, and a control unit; most have AC adapters and/or battery rechargers. (The D.A.V.I.D. 2001 integrates the control unit into the headphones. The Brainware 200 Goggles have integrated headphones and cords.)

Programs: What types of programs do you want? How many, and how sophisticated? Machines offer from 6 to 50 or more preset programs, with many diverse applications (from "learning" to "sleep" to entertainment).

Ease of Use: Some machines are super-easy to use – this may be an important plus for you.

Manual Control: Want to try out certain frequencies, or try them a little faster or slower? Then you want manual control.

Programmability: After a while you may want to create your own programs, tailored to your needs. The only way to do it is with a programmable machine. Some machines let you "edit" or make changes later to the programs you've created; others do not.

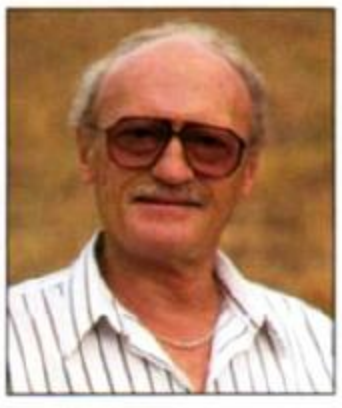
"Easy" Programming: Short on time? On some units you press just a few buttons and get "made-to-order" programs.

Computer Interface: One unit allows you to interface with your DOS PC enabling you to write, save, or swap programs, and more.

Goggles: Your most important user interface. Red is most popular. 4 lights per eye are desirable. Many prefer white. Check out the D.A.V.I.D. Omniscreens!

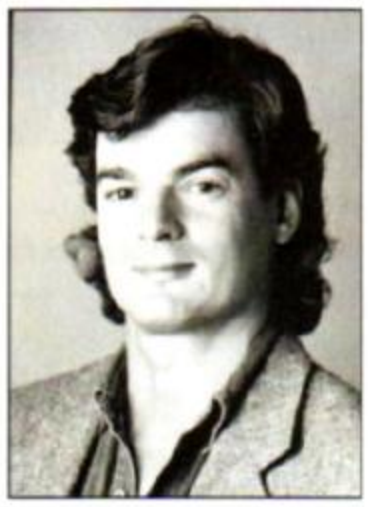
Portability: Want to take your machine with you on a trip? Buy a small, light-weight, battery-operated unit.

Sounds: Almost all units offer pulsed white (and/or pink) noise and synthesized tones; some units offer binaural beats coordinated with the lights. Variable pitch, clicks, and sound combination features are unique to each unit. Note: For the most fun and powerful sound effects, play your choice of tape or CD through the unit by connecting your tape or CD player with a patch cord (included with most units).

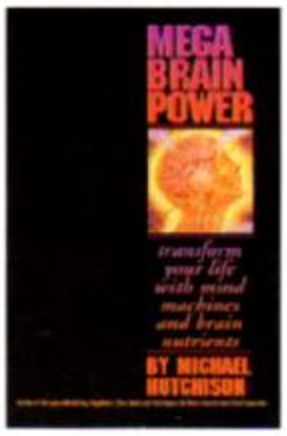


Need help in choosing? Call us.

Books by Michael Hutchison



Mega Brain Power
Transform Your Life with Mind Machines and Brain Nutrients

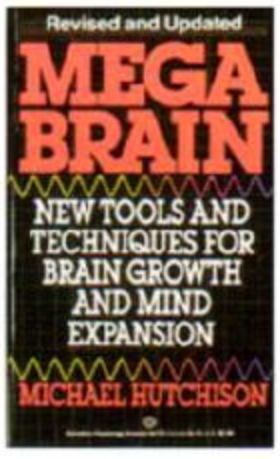


The first hands-on source book that shows how you can gain specific benefits from the sophisticated new brain machines. Learn to achieve peak physical and mental performance, deep relaxation, greater sexual pleasure, and more – and learn to eliminate chronic pain and self-defeating habits.

Paperback 481pp **(NB203) $14.95**

Megabrain

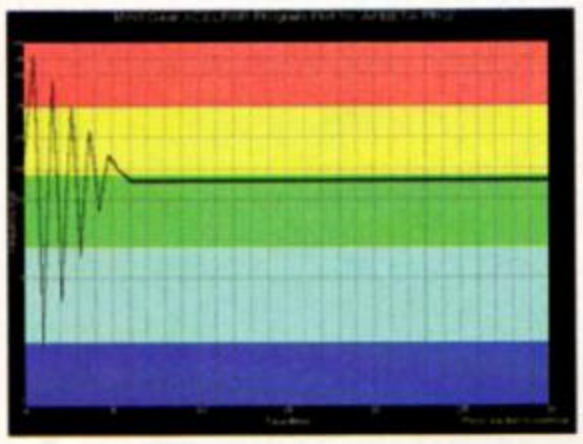
Fun to read and full of fascinating information, *Megabrain* served as a catalyst for the current explosion in mind technology. It has been praised by readers ranging from neuroscientists ("information-packed... excellent," says Dr. George Adelman of M.I.T.) to journalists (*Longevity* magazine calls it "the industry's Bible"). Revised edition.



Paperback 380pp **(NB201) $5.99**

Tapping the Possibilities: Some Helpful Tips

• Fun and Entertainment



We recommend combining light & sound with other experiences (e.g., sound tables, or various kinds of recorded sounds). This can be done in two ways: (1) get a machine that "plays" programs from CDs, like the **AudioStrobe** *(p. 15)*; or (2) get a flexible machine with lots of built-in effects like the **Mind Gear PR-2X** or **XCELR8R II** *(p. 10)*, or the **Photosonix Galaxy Pro** or **Nova Pro** *(p. 11)*. A "best buy": the **Photosonix Muse** *(p. 12)*.

• Stress Reduction for Busy People

All L/S machines can relax you, provoking awareness and release of stress. A convenient, easy-to-use machine may be best if you're stressed and busy. Consider the well-designed **Brainware 200** unit *(p. 13)*, the **Photosonix Muse** *(p. 12)*, the **Mind Gear SLX** *(p. 10)*, or the **AudioStrobe** *(p. 15)*.

• Meditators

As an adjunct to meditation, you will want a machine with manual controls and some portability – probably also programmability. Consider the **Mind Gear PR-2X** or **XCELR8R II** *(p. 10)*, the **Photosonix Galaxy Pro** or **Nova Pro** *(p. 11)*, or the **D.A.V.I.D. Paradise** *(p. 14)*. Start with goggles at low brightness and experiment with different frequency ranges.

• Students

Consider the **Personal Learning Instrument** *(p. 23)*, which is specifically designed to support learning. Also worth checking out: the **Mind Gear SLX** *(p. 10)* or the **Photosonix Muse** *(p. 12)*. Some of the more sophisticated machines – such as the **Photosonix Nova Pro** *(p. 11)* or **Mind Gear XCELR8R II** *(p. 10)* – have even more accelerated learning programs.

Whatever machine you use, combine it with audiotapes. For improving your learning capacity, consider **Dr. Rayma Ditson-Sommer's learning tapes** *(p. 23)* and **ABR tapes** *(pp. 48-49)*. For accelerated learning try the **Superlearning** home study course *(p. 22)*. To help open mental and emotional blocks to learning, consider **HPP** *(p. 59)* and **Paraliminal tapes** *(p. 57)* – or use tapes containing the material you wish to learn.

• Professional Practitioners

Use L/S for your own development, as well as with clients. Adapt your own microphone to the external audio input so you can speak to your client in session. Consider the **Mind Gear PR-2X** or **XCELR8R II** *(p. 10)*, the **Photosonix Galaxy Pro** or **Nova Pro** *(p. 11)*, or the **D.A.V.I.D. Paradise XL** *(p. 14)*. All units provide programmability, versatile sounds, and precise settings for brightness and volume.

The **Mind Gear XCELR8R II** *(on your DOS-style PC – p. 10)* and **Paradise XL** *(p. 14)* let you use your PC's memory and power for program storage and real-time controls.

The **Photosonix Nova Pro** *(p. 11)* may be the most practical since it lets you design programs most quickly, simply by selecting four parameters. You can then store and re-edit, or record to audiotape for extra storage capacity.

Resources

A Short History of Light & Sound Technology (Including Applications)

by Michael Hutchison

Drawn from articles in Megabrain Report, this brilliant little guidebook gives practical tips and insights into getting the most from L/S. It vividly demonstrates why Michael Hutchison is THE foremost mind technology expert. Paperback 36pp **(NB012) $9.95**

Clinical Guide to Light and Sound

by Thomas Budzynski, Ph.D.

Dr. Budzynski is an internationally known researcher/clinician/psychotherapist who has experimented with light and sound stimulation for years. This set of papers includes a clinical guide intended primarily for psychotherapists, research studies on light and sound, and an extensive bibliography. Paperback 30pp **(NB008) $15.00**

Brain Machines and Beyond

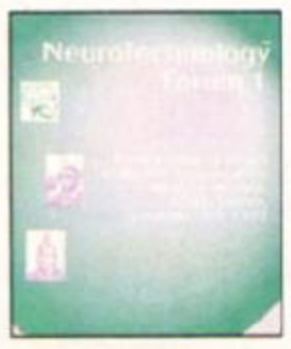
An Interview with Robert Anton Wilson

Side A: Mind machines, neuropeptides, neurotransmitters, the immune system, and mind/body healing. Side B: Mind machines, smart pills, entrainment and hypnosis audiotapes – and more! 60 minutes. **Cassette (NB006) $9.95**

Awakening Mind I: Programming Advanced Light and Sound Sessions

by James Mann

A well-researched, detailed monograph on programming your advanced light and sound machine to create powerful internal experiences. (Note: This book is geared to the MindsEye Synergizer.) Paperback 100pp **(NB121) $45.00**



Neurotechnology Forum

Now on audiotape – the world's first conference on Neurotechnology, held in Seattle in December 1992. Hear leading experts discuss the latest breakthroughs in this exciting new field.

Audiocassettes – *Complete set of 6* (LS501) $39.95

Megabrain Report (An invaluable resource!)

A consciousness technologies newsletter edited and published by Michael Hutchison. Averaging about 40 information-packed pages, it provides uniquely insightful, in-depth and timely interviews, book and product reviews, schematics, and considerations about "new tools and techniques for brain growth and mind expansion." For full subscription information (currently, a 4-issue U.S. subscription is $48.00) write to *Megabrain Report*, P.O. Box 65676, Los Angeles, CA 90065. *(See below for information on back issues.)*

Back Issues of Megabrain Report

Each issue contains 40,000 to 80,000 words of the latest information on Mind Technology.

Volume 1 (4 issues)

The Bioelectric Interviews, The Megabrain Consumers' Guide to Sound and Light, Denis Gorges and the Synchro-Energizer, and more.

Megabrain Report, Volume 1 (Set): (NB141) $48.00

Volume 2 (4 issues)

Techno-Shamanism and the Democratization of Bliss, Acoustic Field Generators, and more. Includes two special issues devoted to EEG.

Megabrain Report Volume 2 (Set): (NB140) $56.00

The "XCELR8R II"

Computer-Capable Portable Light/Sound

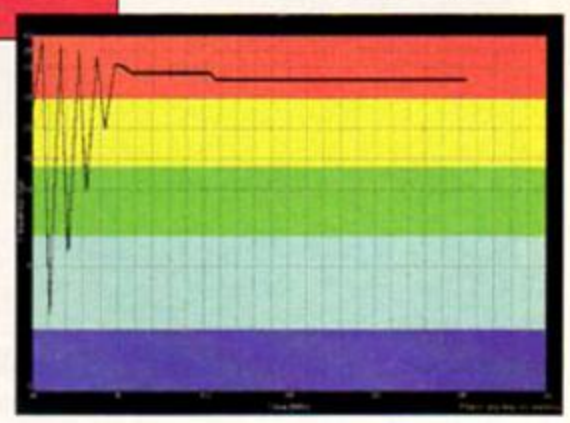
This is the first self-contained portable light and sound system that connects directly to a DOS- or Windows-based personal computer to provide full programming and real-time control over all variables.

TurboDisc™

Play any CD with TurboDisc or AudioStrobe™ coding on any Mind Gear machine with this feature. The XCELR8R II-PLUS or PR2X-PLUS have this feature built in. Or, for $99.95, upgrade your existing PR2X or XCELR8R to TurboDisc capacity.

It Stands Alone...

It can be operated as a portable stand-alone unit with all the advanced features of the best-selling Mind Gear PR2-X *(see below)*. Like the PR-2X, the XCELR8R II is an already flexible, fully programmable machine, with excellent manual controls, 50 built-in programs, 5 unique "autopilot" programs, and on-board storage of ten more programs you write yourself. In addition, the XCELR8R II includes superior-quality digital headphones, a custom attaché-type carrying case, and all software, cables and jacks necessary to connect to your computer.



...Or Uses Your Computer's Extra Power.

With the built-in RS-232 serial port interface, you can upload, download, create and edit light and sound sessions from your PC. In fact, a disc with 16 more sessions is included free. Plus, you can graph any L/S program, showing frequency versus time (including phasing) so you can easily "see" what's happening during any program.

Requires IBM AT 640K RAM.

What You Get: Control unit, 4 multi-color LED/eye goggles, PC connectors, digital headphones, A/C adapter, stereo patch cord, RS232 serial port interface and 4-conductor phone cabling, a 3.5" disc with DOS and Windows software, 16 extra programs on disc, and complete instruction manual. Lifetime factory warranty.

XCELR8R II (NE555) $349.95

XCELR8R II PLUS (NE556) with TurboDisc feature and CD $410.00

New! Lifetime Warranty All Products This Page

The Mind Gear SLX

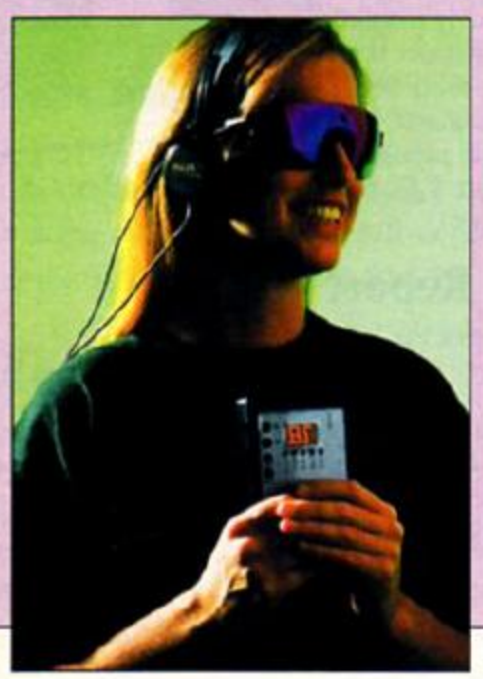
Features: 16 preset programs; time of any program adjustable from 15 minutes to 90 minutes in 5-minute increments; running pause function; 2-digit LED display; pitch control; LED time readout. Manual control option gives you frequency control in 1 Hz increments from 1.0 – 20.0 Hz and in 2 Hz increments to 40 Hz. "Mode" control provides simultaneous or alternating (L/R) flashes and sounds as well as cross and front/back.

What You Get: Tiny 3½" x 6¼" x 1" control unit, powered by 4 AA batteries (not included); stereo headphones; red LED goggles with 2 lights over each eye; stereo input jack plus patch cord; owner's manual. Lifetime warranty.

Mind Gear SLX (NE550) $149.95

SLX with internal rechargeable lead/acid battery and AC adapter **(NE575) $179.95**

SLX Carrying Case (NE570) $20.00



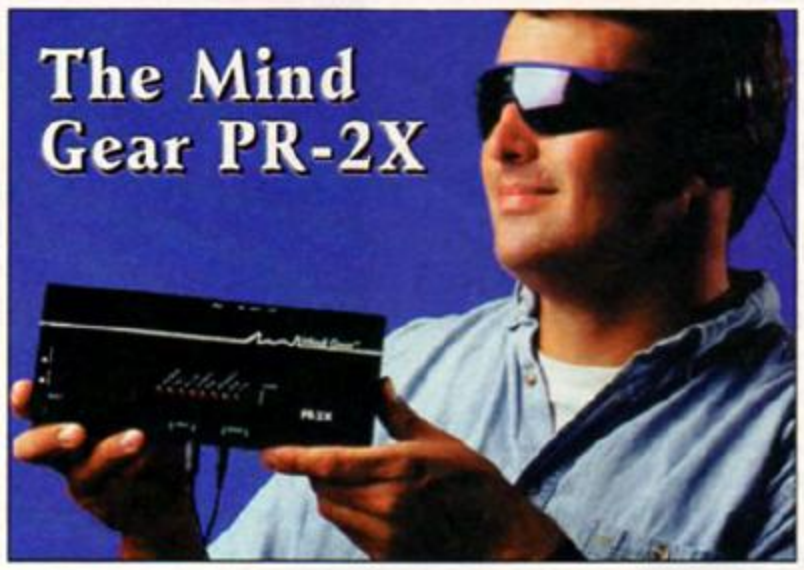
Mind Gear Accessories

Extra XCELR8R II or PR-2X Goggles – $35.00:

- (NE536) Multi-color – Red/Yellow/Green/Amber LEDs (standard)
- (NE531) Amber LEDs
- (NE530) Red LEDs
- (NE532) Green LEDs
- (NE533) Yellow LEDs
- (NE534) Red/Green LEDs
- ♥ Special White Light glasses (NE537) $69.95

PR-2X Carrying Case (NE540) $35.00

Call for information about upgrades for your PR-2X.



The world's most popular Light & Sound machine

Four years ago, this machine set a new standard for value. Now, it's improved and $100 less than its predecessor, the PR-2. Everyone respects its in-depth programmability. It's also well-built, imaginatively designed, very user-friendly, and has an impressive array of features.

Features: This 65-program capacity machine contains 50 excellent preset programs, 5 Autopilot programs, and space for 10 personalized programs. It offers a 3-digit LED display, optional manual operation including frequency control from 1.0 – 40.0 Hz, "blend" function (which lets you gently "blend" transitions for relaxation or more abruptly "jump" for a more entertaining effect), "soft on" and "soft off," and a running pause function, which lets you linger at any frequency during a program.

Its 5 "Autopilot programs" (Super Beta, Beta, Alpha, Theta and Delta) generate new and unique 30-minute sequences in the specified range every time they're selected. Vary them at will to last from 5 minutes to 2 hours. Autopilot gives you access to a potentially *unlimited* number of programs.

What You Get: A 4" x 9" x 1" control unit, goggles with 4 multicolor LEDs over each eye (other colors are also available as options – *at left*), stereo headphones. Also: internal rechargeable battery with AC adapter, built-in 2-user capability, stereo input jack plus patch cord, operating manual, lifetime warranty.

Mind Gear PR-2X – (NE520) $249.95

Mind Gear PR-2X with attache-type carrying case – (NE521) $269.95

Mind Gear PR-2X PLUS with TurboDisc feature and CD (NE522) $299.95

This Easy-to-Use Machine Combines the Most Features

Photosonix Nova Pro

The new **Pro** model continues the Photosonix tradition of industry-leading features combined with quality construction and ease of use. An outstanding product; we recommend it highly.

Features: 75-program capacity, including 50 excellent preset programs (some with imaginative "interactive" sessions) and space for 25 personalized custom or downloaded programs. Four sources of programs:

- **Preset Programs**: Relaxation and Meditation (5 programs), Learning (4), Sleep (3), Energizing (5), and more, including 3 dual binaural beat programs.
- **Custom Programming:** Create your own programs. Select frequency and sound: choose chords, binaural beats synchronized with the visual flashes, or the unique and powerful dual binaural beat generator. Program pulse width, pitch, phase, and other factors in increments as short as one second. You can change a program by editing instead of starting over. Flexible memory management enables you to create extra-long programs (up to 2,000 bytes), or create up to 25 shorter programs.
- **Fill-in-the-Blanks Programming:** Allows you to specify a program by selecting parameters. The Nova Pro will create a program based on your specs – a time-saving breakthrough! Edit the program to get it exactly right, then save it for later use. This allows you to emulate "Len Ochs" type effects.
- **PolySync™ Tapes and Downloadable Programs:** The Nova Pro will read and play any of these tapes. Plus you can use it to create PolySync downloadable program tapes – great for saving, sharing or publishing your programs.

What You Get: 4" x 9" x 1" control unit with 75-program capacity, frequency range of 1–42 Hz, and two-user capability; red goggles with 4 LEDs per eye (green available as an option – *see box*); stereo headphones; internal rechargeable battery with AC adapter; automatic power-off for enhanced battery life; stereo input jack and patch cord; operating manual; hard plastic carrying case. Includes a PolySync tape with 26 additional programs. 6-month warranty.

Photosonix Nova Pro
(NE751) $349.95

Summing Up

The Photosonix Nova Pro gives you excellent program selection, interactive programs (with breathing and visualization), manual control, programmability, and DLS tape input. A fantastic array of features at a very reasonable price. An experimenter's dream!

Photosonix Galaxy Pro

This state-of-the art interactive machine has all the new Nova Pro features, but without fill-in-the-blanks programming, Poly-Sync/DLS capacity, or the hard plastic case.

Photosonix Galaxy Pro
(NE721) $279.95

Photosonix Accessories

Extra Photosonix Goggles $35.00

Type A (for PLI, Muse, & all old Nova, Galaxy, & PR2 models):
(NE731) Red LEDs, (NE732) Green LEDs

Type B (for Nova Pro & Galaxy Pro):
(NE735) Red LEDs, (NE736) Green LEDs

Hard Plastic Case for Galaxy Pro or Nova Pro
(NE740) $20.00

PolySync™ and DLS™ Tapes & CDs

Experience new vistas when you use these tapes with the Photosonix Nova Pro. Just connect your cassette player to your unit via a patch cord.

Audio Illusions
by Norman Durkee

Vignettes ranging from primal spirits to urban soundscapes that melt into flowing water.
Cassette (PT201) $21.00
CD (PT201CD) $21.00

Tibetan Highlands
by Karma Moffett

Two exotic journeys utilize authentic Tibetan instruments and modern keyboard. **Cassette (PT202) $21.00**
CD (PT202CD) $21.00

Dreams in the Mind's Eye
by Dr. Jeffrey Thompson

3 programs include cosmic lights, a flowing dreamscape, and awareness refocusing.
Cassette (PT204) $21.00
CD (PT204CD) $21.00

Journey of the Drums
by Prem Das, Muruga & Shakti

Two master drummers in a collaboration of rhythm and power.
Cassette (PT205) $21.00
CD (PT205CD) $21.00

Self-Awareness Programming, Vol. 1
by Thomas Budzynski, Ph.D.

Effective sessions for promoting self-understanding. 2 sessions (51 min).
Cassette (PT203) $21.00

Space Journey

Twenty-one minutes of abstract psychoactive music with a light-show, from composer and light/sound program designer Chris Oliver. "B" side has downloadable adaptation of the original PR-2 programs.
Cassette (PT212) $14.95

Downloadable Programs

Mind Explorer Series

3-volume set: WINDOWS I and II (programs evoke many specific states), PATTERNS (for elaborate visual imagery), and MEDITATIONS (for relaxation and meditation) – a total of 90 programs.
Cassette (PT210) $25.00

Paraliminal Partner, Set 1

11 programs designed to enhance Paraliminal tapes. Receive FREE Paraliminal tape *10-Minute Supercharger* with this tape.
Cassette (PT211) $29.00

An Adventure in Sound

The Photosonix Muse

The Photosonix Muse offers a unique new range of flexibility with sound – three octaves of pitch control, true sine-wave sound, single tones, chords with adjustable intervals, binaural beats, dual binaural beats, and pink noise.

Even a custom program and a light show are included – an amazing number of features for such a low-cost system.

Features:

- Full manual operation 1–40 Hz, with 3-digit LED display
- 20 built-in original and innovative programs
- Adjustable run times create a total of 60 program options
- True sine-wave sound, with 5 tone selects and 6 phase selects
- Custom programming of dual binaural beats – a very desirable feature! *(See below.)*
- Automatic shutoff and "soft" on-off
- Memory of user settings and program

The programmable dual binaural beats make it possible for users to try some of the most interesting techniques described in James Mann's book *Awakening Mind: Programming Advanced Light and Sound Sessions.* Since this was previously possible only with a much more expensive machine, and since it's not even possible with most of the units in the $250–$350 range, the little Muse offers quite a value!

What you get: System unit including rechargeable batteries, AC adapter, goggles with 4 red LEDs/eye, headphones, stereo cord for connecting to tape player, user manual, 6-month warranty. **(NE123) $179.95**

Light & Sound with Hypnosis Tapes

The PersonAll™ Programmer™

The innovative **Brain-Storm PersonAll™ Programmer™** helps you access the deeply relaxed "twilight" state of mind considered to be most receptive to creative learning and psychological growth. Then it implants powerful hypnosis "change messages" so they can take hold and make a difference in your life.

Plays back special cassettes

The world's first Light and Sound Player (LSP) plays back light and sound directly from specially formatted 4-track audiocassettes (much like a VCR plays back the audio and video elements of a movie). The uniquely coordinated patterns of light and sound, sometimes accompanied by soothing voice affirmations, guide your mind into states of relaxed awareness where personal change originates. So, if you're thinking about making some changes in your life, press PLAY, and let the PersonAll Programmer take it from there.

Six FREE tapes from a rich library

There's a rich library of about 30 special tapes available for the PersonAll Programmer. Titles include: Slim Person, Non-Smoker, Success and Prosperity, Self-Assured and Confident, Enjoying Exercise, Good Student/Good Grades, Heightened Creativity, High Energy, 15-Minute Break – plus many more.

You get 4 tapes free with your unit. Plus you receive a coupon good for 2 more free tapes – along with a full listing of the entire library.

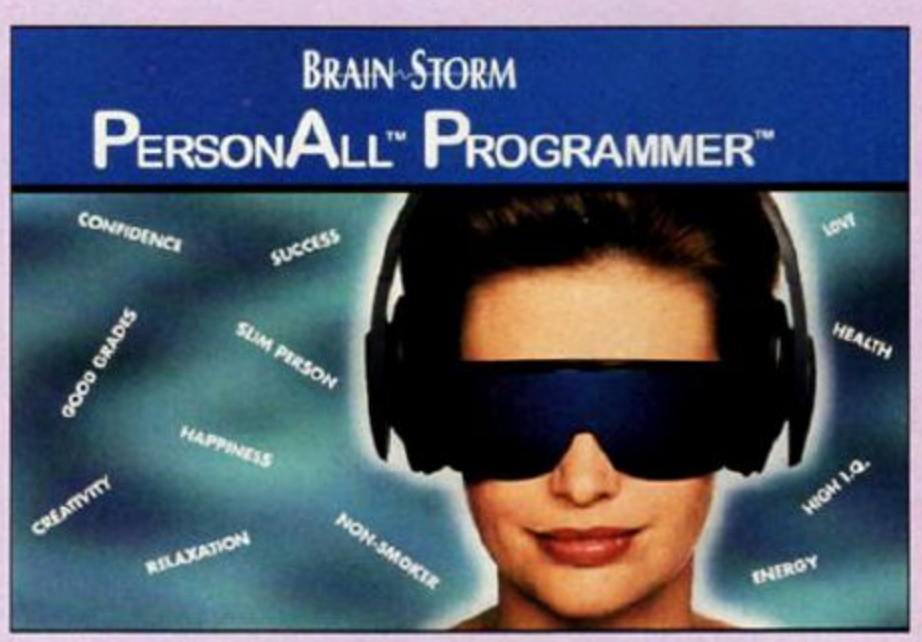
You get a total of 6 FREE tapes – an $89.70 value!

What you get:

Compact control unit, goggles with brightness control, lightweight headphones and AC adapter (or use 2AA batteries, not included). 1-year limited warranty.

...PLUS 6 free tapes. Four tapes arrive with the unit: *Getting Started, The Healing Place, In Balance,* and *Musical Harmony.* Plus you get a coupon for two more tapes of your choice FREE.

Brain-Storm PersonAll Programmer (LP400) $149.00



The Brainware 200
Mind/Body Gymnasium

This unconventional unit belongs to a new generation of mind machines (that have become mind/body machines). Everything is superbly optimized to help you reach the state where you're in charge of your mind/body connection.

What sets it apart:

- The most helpful Light/Sound documentation we've ever seen.
- Headset has built-in earphones, diffused light source, comfort padding, and total blockage of external light.
- LCD display keeps you informed throughout the session.
- The analog lights always flash optimally – in a "sine wave" pattern at low frequencies and a "square wave" pattern at faster frequencies.

- Light and Sound are synchronized *and* phase-locked.
- Exclusive synchronized stereo ocean sound (the best you've ever heard!) rolls left and right as well as front and back.
- A sensor gauges your fingertip temperature, measuring change during each session.

Operate it manually in real time, or make your own custom session by setting the starting frequency, the ending frequency and the session length. The session automatically provides you with the optimal frequency progression, duty cycle and peak ratio. It automatically remembers your settings. The Brainware 200 comes with a handsome, protective "bookshelf" case, external audio patchcord, 4 AAA batteries, and a 90-day warranty.

Brainware 200 (NE800) $339.95

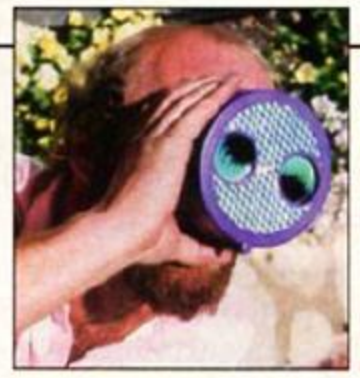
The $59.95 RelaxEase
Easy, Convenient and Affordable

No wires, no attachments, just a couple of switches on the glasses themselves. You get flashing lights, designed by a famous physician to help people learn to relax, reduce stress and improve sleep. In just a few minutes you can free yourself of tensions that hold you down, enabling you to concentrate more fully during the day and to sleep more comfortably at night. Includes a free one-hour audiotape of soothing music composed specifically for use with the RelaxEase.

- **Most affordable mind-tech product of its kind**
- **No wires, just glasses**
- **Simple to operate**
- **Attractive hard plastic construction**

What You Get: Goggles with one LED per eye and two control dials mounted on the upper rim. One controls on-off and light brightness; the other controls the speed of the flashes, either fast (variable from 12 to 7.5 Hz) or slow (variable from 7.4 to 3.1 Hz). Runs on 4 AAA batteries (not included).

RelaxEase (NS101) Only $59.95



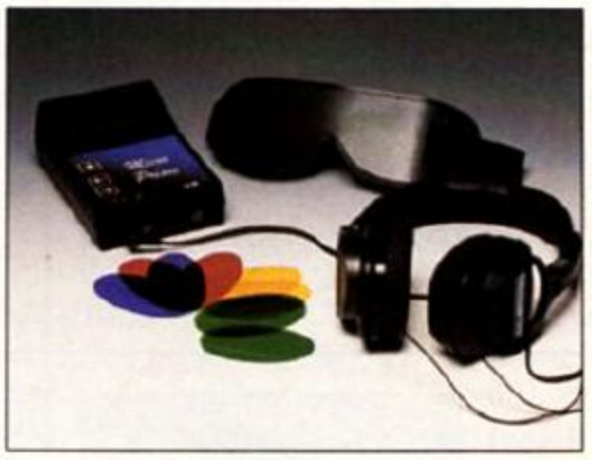
The DayDreamer™

Famous from press coverage of the Lolapalooza Tours (where it's called the "LSD Flight Simulator"), The DayDreamer is an inexpensive flashing light device – made for fun! CLOSE YOUR EYES and face the sun or a bright light. Hold The DayDreamer in front of your face, blow into it, and a perforated disc spins, producing a brilliant, flickering light effect. You'll enjoy the combination of *pranayama* (breath work) and the wonderful visual effects – all without getting too serious! A great gift.

The DayDreamer (ND101) $19.95

Deluxe Programmable White Lights NEW!
The Micro Prism

The Micro Prism is the most innovative new Light and Sound machine we've seen for quite a while! Distinctive and well-built, simple to use and easy to understand, the Micro Prism packs a powerful Light and Sound machine into its small portable case. It has 40 preset sessions and has space for 30 programmable sessions with a total of 464 hours (!) of memory. It remembers your preferred settings, but you can recall the factory settings at any time using default. It offers four stimulation modes, plus a natural heartbeat sound with independent rate and volume. Altogether, it offers myriad features and effects.



Best New Features: (1) It has an excellent face-contouring white-light eyeset, which accepts colored filters (included). (2) Its totally distortionless audio and its unique heartbeat sound are a pleasure. (3) The interactive 16-digit LCD display guides you through "idiot-proof" programming. It offers the slowest frequency stimulation, down to 0.1 Hz, for some interesting effects, especially via jumps.

Summing Up: This smooth, easy-to-use machine makes its many advanced features easy to utilize. It delivers very good value at the higher end of the Light/Sound spectrum.

The Micro Prism (NE444) $449.95 (control unit, goggles, headphones, colored inserts, manual, AC adapter & 9V battery)

The Light and Sound Turbocharger

Attach this to any light and sound machine, and it will deliver minute (microampere) levels of electrical current, *pulsed precisely in time with the lights*. Designed to be adaptable to almost any unit.

(NE117) $295.00

The D.A.V.I.D. Paradise™ Machines

New units & low prices!

. . . favorites of many experienced users

D.A.V.I.D. stands for Digital Audio Visual Integration Device. All D.A.V.I.D. units feature **Omniscreen goggles**. They're the favorite of many experienced light and sound users, therapists and researchers. Why?

1) They use **white lights** instead of red, green or amber LEDs. Many people (but not all) distinctly prefer white lights, which are fuller-spectrum.
2) The **lights are shielded** from the eyes by a translucent white screen that spreads the light to illuminate the entire visual field (rather than creating "dots" of illumination, as with LEDs). This also allows for open-eyed use.
3) You can **select the tint** of light by inserting a colored filter, allowing for a color-therapy type effect. Units are supplied with blue, violet and yellow filters.

What else distinguishes D.A.V.I.D. units? They're all extremely compact and portable, with internal rechargeable batteries and AC adapter/recharger. All allow stereo tape/CD inputs. They have complete, professional manuals and documentation. Their programs – for meditation and relaxation, alertness, sleep, and enhanced cognition – are very well-liked, and all include Soft Off.™ Sounds include pulsed tones and surf on all units, plus heartbeat and music modulation with the 2001 and XL, and binaural beats with the XL.

All Paradise models include a quality nylon carrying case. The keypad on all Paradise models allows for easier control and access with eyes closed or during a session. The Paradise and Paradise XL units are fully programmable, the only units with independent left-right programming. The 2-digit LED display on the Paradise and XL models shows all data on all programs. All units have a 1-year warranty.

The D.A.V.I.D. Paradise™

PRICE REDUCED!

A hugely successful machine, for years the standard of excellence in light and sound. It boasts 30 preset sessions, optional manual operation, and storage for up to 9 sessions you program yourself. This is the only L/S machine with independent programming for left and right eyes. A two-digit readout shows session parameters including frequency. The excellent keypad makes it pleasant and easy to use.

D.A.V.I.D. Paradise (NE801) Was ~~$595.00~~ Now $495.00

The D.A.V.I.D. 2001™

No base unit, so no wires. All controls are integrated into the headphones. 18 of the best programs, plus two special sound options, digitized heartbeat tone and music modulation (to coordinate light flashes with music).

D.A.V.I.D. 2001 (NE808) $295.00

The top of the line! The D.A.V.I.D. Paradise XL™

ALL NEW, WITH COMPUTER LINKS!

Design your own sessions using your IBM-compatible computer with Windows 3.1. Easily see what your session looks like and easily edit your programming. You get storage space for 240 modules.

Enjoy all the sound options of both the Paradise and the 2001 (digital heartbeat and music modulation), plus binaural beats. Get 5 more preset sessions than the Paradise (a total of 35). The XL can also load sessions from specially recorded tapes. You can create these tapes yourself, or choose from the manufacturer's selection of 16 new Special Application Sessions and 30 Computer Downloaded Sessions.

D.A.V.I.D. Paradise XL (NE812) $595.00

The D.A.V.I.D. Paradise Jr.™

Identical to the Paradise, except it has only 18 (not 30) preset sessions and no programmability. Unlike the 2001 it lets you control the unit manually.

D.A.V.I.D. Paradise Jr. (NE806) $395.00

Oasis

Connect to any D.A.V.I.D. unit for electrical stimulation coordinated with the light pulses.

(NE822) $200.00

Extra Omniscreen™ Inserts

Set of 4 (green, indigo, orange and red).

(NE811) $20.00

Special Application Sessions...

are available for all Paradise models. You receive coding that lets you access the session, plus a user manual. **Priced between $30 and $95 each**, sessions are available for Golf, Sports, Inner Workout, Creativity, Focus and Attention, Slowing the Body Down, Building Self-Esteem, Lucid Dreaming, Wave Pattern Breathing, Mind State Sampler, and the Core Relaxation Programs. These software-based sessions are nonreturnable. Call for details.

Watch the Music Dancing Through Your Head

The AudioStrobe® System from Tamas Laboratorium

U.S. EXCLUSIVE!

♥ Denotes a TFE Favorite

Now you can experience some of the most advanced multimedia art in the world. Germany's Tamas Laboratorium, an important creative force in psychoacoustic music recordings, is also a major innovator in using flashing lights coordinated with music and sound to create unique mind-tripping effects. The Tamas Laboratorium library of CD-based light/sound recordings is the largest and most diverse in the world.

How it works: Plug the AudioStrobe into the headphone output of your CD player. Headphones and goggles connect directly to the AudioStrobe. Each CD contains music plus synchronized coded light impulses that the AudioStrobe transfers to the light glasses. Or, play the CD normally; the light signals do not interfere with sound reproduction.

Unique fun: One thing we particularly like about these programs: the flashing lights and sounds are coordinated with **precision**. In these audiovisual CD compositions, the lights frequently flash simultaneously with musical effects in ways that are dramatic, humorous, playful and interesting. They add a whole new dimension of multisensory **involvement** with the music.

We always recommend that people combine light/sound experience with music. Here, the two elements are **synchronized** for a synergistic effect, sometimes achieving a quality of experience that isn't possible when watching computerized flash patterns while listening to unrelated music.

What you get: The AudioStrobe unit, light glasses, connecting cord, manual, and a sampler CD titled ***AudioStrobe Visions I***, which contains 7 Music and Light/Sound programs by David Eastoe, Peter Smith, Norman Prey, Daniel de Rosa, and Andamon Sosna.

Tamas AudioStrobe (NM160) $249.95

SPECIAL

Purchase any 4 AudioStrobe CDs at the same time that you purchase an AudioStrobe unit, and save nearly $40! (NM161)

A $369.75 value, only $329.95

CDs for the AudioStrobe System – $29.95 each:

♥ **Visions of Space & Time.** Brain food music; 7 fractal ambient music and light programs. **(PT229)** NEW!

♥ **Eternal Elements: Earth, Air, Fire & Water.** A unique sonic environment for relaxation and the release of memories. Three-dimensional natural sound recordings mingle with fractal structures to evoke an eternal domain. **2 CDs (PT230) $44.95** NEW!

Fractal Dance. Combines fractal music from Tamas Laboratorium, synthesizer sequences and vocals. Very playful. **(PT221)**

♥ **Lights from Ancient Dreams.** Tamas Laboratorium takes you on a journey through archetypal structures. **(PT222)**

♥ **Cosmic Mind Machine.** A collection of cosmic/meditative/electronic music from Wahnfried, GENE, Kosmos and others. **(PT223)**

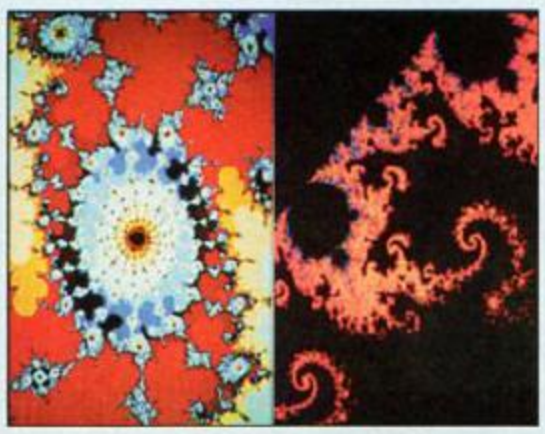
♥ **Fire, Water, Earth and Air.** A collection of music from the Medien Festival in Hamburg, with selections from the artists Schmidl, Hiroko Okano and Mind Over Matter. **(PT224)**

Legends of Langkawi. Contains soft meditative melodies by Jip, inspired by magical Malaysian folktales. **(PT225)**

♥ **Space Design** by "Software" (Mergener and Weisser). A remix of their widely praised classic electronic music – but with a whole new visual dimension. **(PT226)**

♥ **Free Form Meditation.** A beautiful collection of meditative titles by Quiet Force, featuring Steven Toeteberg. **(PT227)**

Ocean Sounds – Ambient Atmosphere. Includes sounds of oceans all over the world – Bali, Fiji, the Maldives, Great Barrier Reef, Florida, Guernsey, Seychelles, and more. **(PT228)**



Music from Tamas Laboratorium

People have listened to the random sounds of nature since the beginning of time. Think about it: falling rain, burning wood, howling wind... We already love it.

Andrej Slawinski, founder of Tamas Labs, uses mathematical systems to compute series of fractal shapes that are converted into meditative musical scores, producing strangely beautiful sounds, haunting yet harmonious. Theta and delta binaural beats are added, resulting in sounds so hypnotic and powerful that they've blurred the line separating the avant garde world of art from the cutting-edge world of consciousness technology.

Listening to the Tamas Laboratorium soundscapes draws you into a world you may have never visited, but where you'll feel right at home.

♥ Eternal Elements

(See description of CD version far right)

2-cassette set (TT201) $39.95

♥ Delta Voyage/The Waves of Coincidence

Delta Voyage has been used in Tamas Laboratorium workshops for trance dance and body work. *The Waves of Coincidence* invites you into a very deep relaxation state.

Cassette (TT202) $19.95

♥ The Wheel

An ideal sonic environment for deep relaxation, breathwork or visualization. Side A: Theta and beta. Side B: Theta.

Cassette (TT203) $19.95

Mandala Music

A journey through the many different soundscapes of Tamas Laboratorium.

Cassette (TT204) $19.95

Requiem

This tape creates an environment for inner transformation and near-death experience. Features the Polish choir Collegium Cantorum.

Cassette (TT205) $19.95

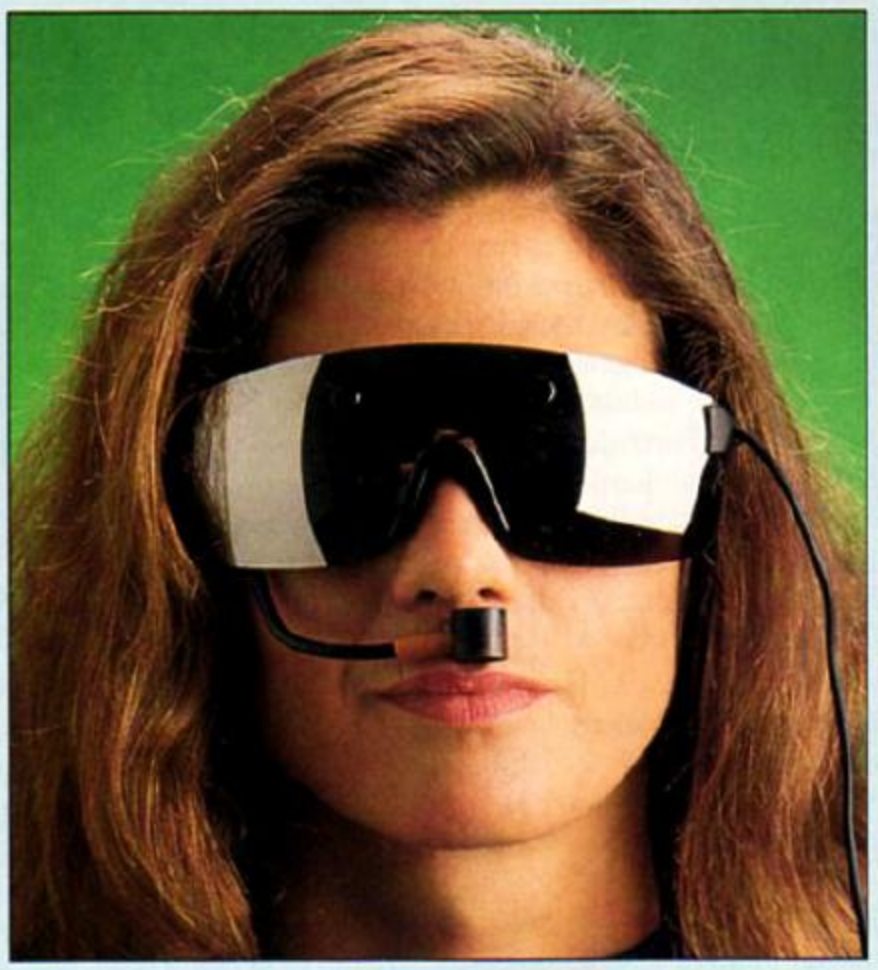
Collection

An introductory sampling of selections from Tamas Lab soundscapes.

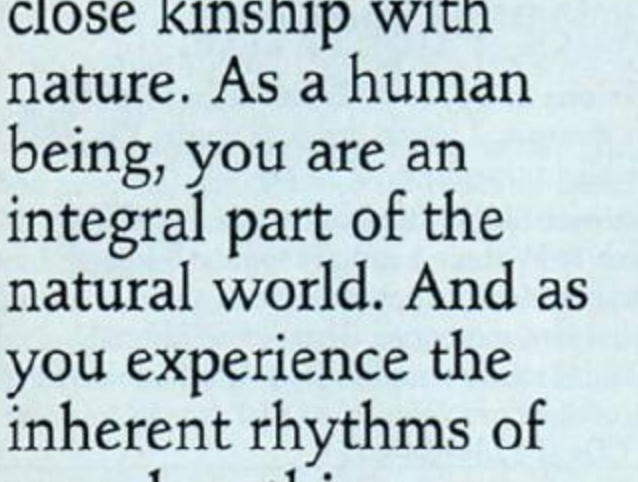
Cassette (TT206) $19.95

The ancient secret teachings Consciousness follows

There's a lingering magic in the sound of the ocean waves – it's as though you're hearing the Earth's heartbeat. As you listen to these rhythms and echo them with the rise and fall of your breath, you feel a close kinship with nature. As a human being, you are an integral part of the natural world. And as you experience the inherent rhythms of your breathing, you glimpse the boundless energy of your own inner self.



The Breathwork Explorer is the product of the creative collaboration of Julian Isaacs, Ph.D., a noted consciousness psychologist; Terry Patten, a long-time meditator and founder of Tools For Exploration; and Ray Wolfe, designer of the Photosonix Nova.



Achieving an expanded state of mind may be simpler than you thought. In fact, you can start right now: Take a deep breath through your nose. Hold it for a moment. Now exhale. Repeat the process once more. You may feel more relaxed and centered than when you started. And by performing this simple exercise, you've placed yourself in good company. For millennia, spiritual teachers have told disciples that breath control is the key to achieving deep meditation. The Yoga Sutras of the Patanjali assert that "the mind follows the breath." And, according to an ancient Tibetan Buddhist saying: "Breath is the horse... Mind is the rider."

Even though Pranayama (breath) practice can be extremely pleasurable for both beginning and advanced meditators, most Westerners seem to have a difficult time pursuing it. Traditionally, this form of meditation requires the student to count the intervals of each inhalation, holding of breath, and exhalation. After a while, this gets tedious and can even become confusing. You may end up worrying about the count and losing the rich, sensual experience of deep, full and slow breathing. Now there's a way you can enjoy the mind-expanding effects of breathwork without getting tangled in the practice itself...

The Breathwork™ Explorer™

The most powerful new mind machine in a decade

Recent leaps in mind machine technology have launched the discovery of a powerful new machine that allows you to reap the full benefits of breath practice – without any mental distractions. In fact, the Breathwork Explorer may be the most powerful meditation tool ever created. By simply slipping on a lightweight headset that consists of goggles, headphones and a unique sensor under your nose, you can intensify the connection between your mind and breath. A compact, computerized control unit monitors each inhalation and exhalation, so you become completely aware of every breath.

"Virtually every philosophical system seeking to comprehend human nature since earliest recorded history views breathing as a crucial central link between mind and body."

– Charles F. Stroebel, M.D., Ph.D.

agree: the breath.

Three ways to use the Breathwork Explorer

1. See and hear each breath...

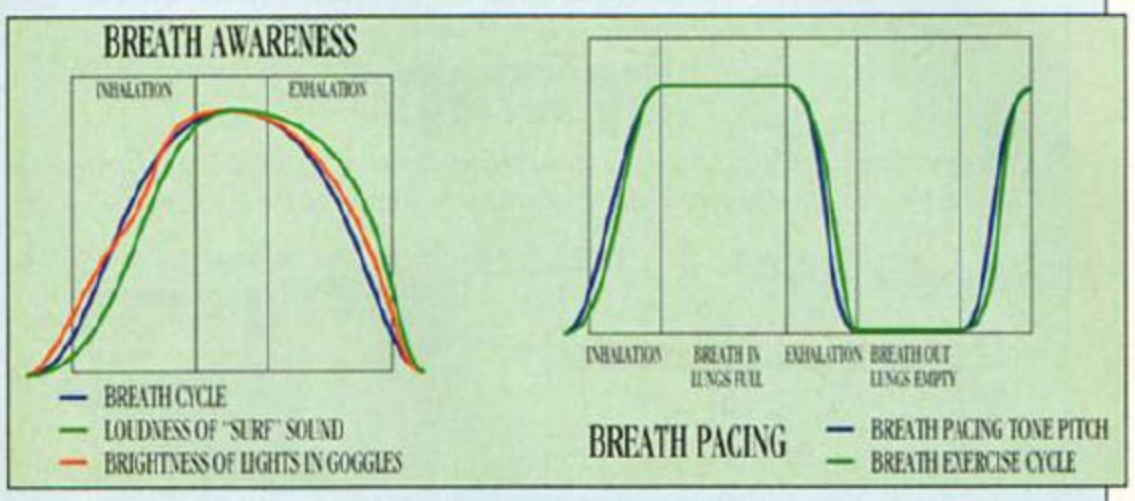
As you focus inward, the sound of each breath is magnified into the rushing and receding of an ocean wave. The lights in your goggles brighten and dim with the rising and falling of every breath. Concentrating on your breath in this way creates a profound state of relaxation, *one that equals or surpasses the tranquillity achieved by other known relaxation technologies.* **At the end of each feedback session, the unit displays your "relaxation score"** – the higher the score, the more relaxed and regular your breathing pattern. **The Breathwork Explorer can also detect the ideal state of mind for subliminal learning.** With the help of an inexpensive Radio Shack cassette player (Model CTR-66 – not included), you can set the unit to automatically turn on a self-improvement or learning enhancement tape when your breathing shows that you're ready.

2. Perform guided breathing exercises...

Breath pacing makes it much easier to do breathwork. Just choose one of the Breathwork Explorer's **10 breathing programs**. Intuitive sound cues will guide you through breath control exercises that are suitable for beginners and develop into more advanced levels. Considered "secret teachings" for centuries, such Pranayama practices can lead to states of **deep meditation, clarity, expanded consciousness, intensified life-energy, and increased emotional and spiritual awareness.**

3. Enjoy light and sound programs...

The Breathwork Explorer offers **12 exciting light and sound programs** to help you achieve a variety of "altered states." The changing frequency patterns of flashing lights and digitized sounds help you "tune in" specific mental states. Programs include Relaxation, Meditation, Learning and Sleep.



What you get:

The Breathwork Explorer consists of a control unit, headphones, and goggles (4 green LEDs per eye), with a built-in breath sensor. Light brightness and sound volume are fully adjustable, and you can set the psychoacoustic "binaural beat" or pulsed tones (or light flicker option in breath awareness mode) to any frequency you choose. You can also input audiotapes or CDs, overlaying the music with binaural beats or pulse tones if you wish. The Breathwork Explorer comes with a comprehensive user's manual, plus an instructional audiotape to acquaint you with the unit's features and guide you through your relaxation experience. Powered by 4 internal rechargeable batteries. Includes an AC adapter, stereo input cord, and tape unit control cable. 6-month warranty.

The Breathwork Explorer (TM101) $349.95

Aristotle®

TOTALLY NEW!

Mesmerizing patterns in lights dancing to the music

It's a fun novelty. It's a stress-buster. It's a meditation tool. It's a trip! It's called Aristotle, and it may amaze you how blissful you can get with this thing! Connect it to your portable cassette or CD player and hold the saucer-shaped unit in your hands (attractively crafted from New England hardwoods). Gaze at its two rows of ten green LEDs (20 total). The music starts, and lights start dancing around...

Soon you'll be mesmerized, as Aristotle's lights flash (just two at a time) in fast-moving, unpredictable patterns that seem like they're dancing intelligently to the music! Hang in there, and if the music is right, you'll enter into a timeless domain. You might even start remembering the sixties!

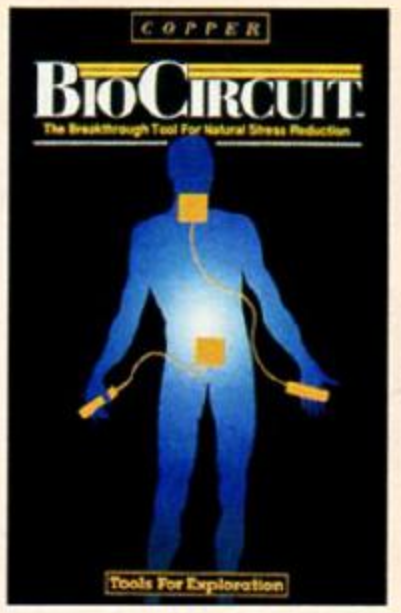
Some users get so profoundly cooled-out by using Aristotle as a meditation tool that they speak about it almost reverently. They *'Stotelize* for 20 or more minutes, up to twice a day, and wouldn't miss a session, citing "cumulative" benefits. The maker calls Aristotle a "light-mantra engine" and says that its light patterns were designed to exercise neural circuitry in a way that has the same effect as meditation. With frequent use, he says, your mind will be quieter, clearer and able to be more fully present.

It's pretty to look at, easy to use, light, compact and travel-friendly. Just grab it, start your music, and in seconds you're "in" – so it's easy to *'Stotelize* with just a few free minutes of time. You can even use Aristotle simultaneously with a partner – a huge plus! 6" diameter. Patchcord (for external audio source), AC adapter and 9V battery included. 1-year warranty.

Aristotle (ZT001) $149.95

Aristotle Fleece Carry Pouch (ZT002) $14.95

BioCircuits: "These amazing tools inspired us to create Tools For Exploration. Seven years later, we still use them nearly every day." — Terry Patten



How BioCircuits Can Quickly Boost Your Feeling of Well-Being and Transform Your Energy

Lie on these easy-to-use tools for only 15-30 minutes and your entire body-mind feels calmer and more peaceful, balanced and refreshed. Developed in the early 20th century by L. E. Eeman, BioCircuits are based on a simple but universal principle: When certain of the body's energy centers are linked together, the body's natural energy flow is profoundly enhanced. By harmonizing this flow of life-energy in and around the body, tension and bodily stress seem relieved.

Learn to naturally:

- **Relieve daily stress**
- **Alleviate travel fatigue**
- **Refresh and realign your energy**
- **Improve meditation and visualization**
- **Enjoy mid-day catnaps or deeper sleep at night**
- **Enhance your experience of audiotapes, brain machines and other tools.**

The Copper BioCircuit™

Copper BioCircuits combine balance with *oomph*. We recommend them for a first experience. Use them while falling asleep, when stressed-out, or just to become sensitive to feeling life-energy moving through your body. With just 30 minutes on a Copper BioCircuit you can transform your energy flow.

Kit includes:

- 100% copper screens, wires and handles for forming the Eeman General Relaxation circuit
- Full instructions and a special audiotape with voice, music and brain synchronization signals.

(BT001) $59.95

Extra Copper Segment

Form Additional BioCircuits

With this extra copper segment, your Copper BioCircuit can also form the two additional circuits pictured in the diagram on the opposite page.

Also wonderful for linking the feet (which makes it unnecessary to cross the ankles). Package includes full instructions for both configurations plus footstraps. **(BT003) $25.00**

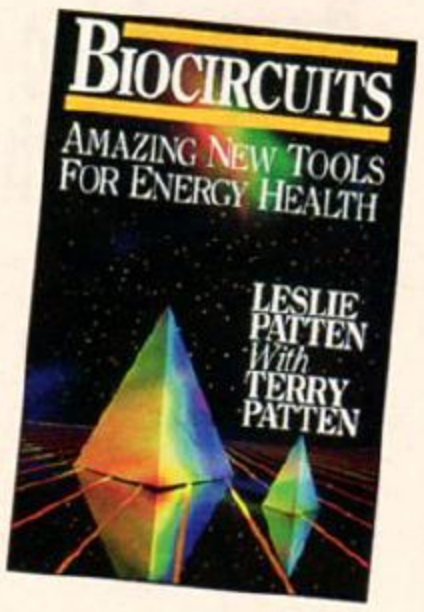
Biocircuits: Amazing New Tools for Energy Health

by Leslie and Terry Patten

To get the most from your BioCircuit, read this book!

- Fun-to-read detail, including BioCircuit history and research
- Practical exercises
- 30-day program for life-energy exploration.

Paperback 227pp **(BB101) $10.95**



"The most exciting and stimulating work on holistic health that I have seen in many years."
— Robert Anton Wilson

The Pattens on Tape

An audiocassette of Terry and Leslie Patten's stimulating, comprehensive introduction to the ideas and applications of biocircuitry, from their presentation at the 1990 Borderland Sciences Congress in Santa Barbara, California. **(BB104) $8.98**

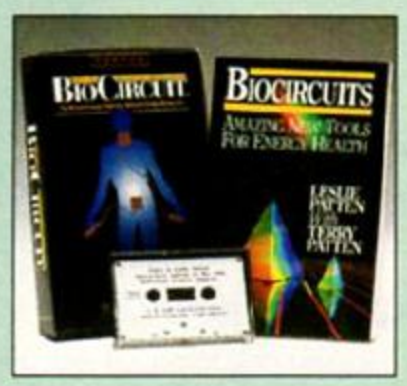
Big Savings

All specials include full instructions and a special audiotape with voice, music, and brain synchronization signals.

Only $69!

Our Basic BioCircuitry Starter Special

A Copper BioCircuit, plus the book *Biocircuits: Amazing New Tools for Energy Health,* plus *The Pattens on Tape* – a $79.88 value for only $69.00 **(SB101)**



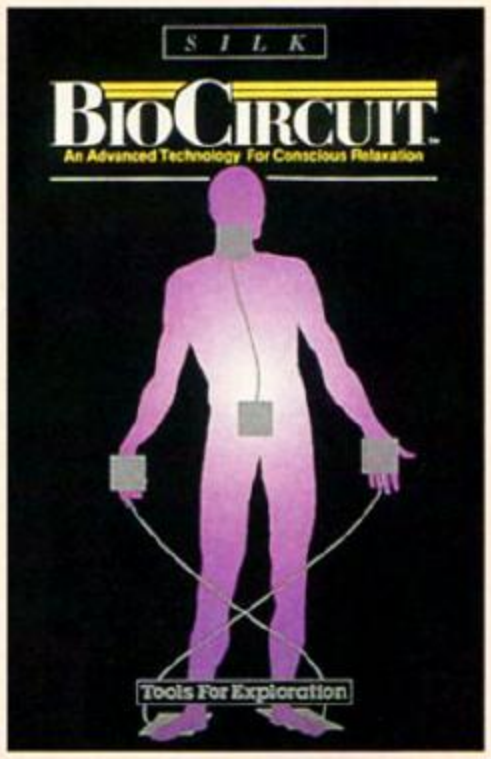
Only $99!

Our Full BioCircuitry Starter Special

A Copper BioCircuit, an Extra Segment, a BioCircuit Carrying Pouch, the book *Biocircuits,* plus *The Pattens on Tape* – a $124.83 value for only $99.00 **(SB102)**

The Silk BioCircuit™

Silk is wonderful for people with extreme sensitivity, for long BioCircuit sessions, or for sleeping in circuit. It is gentler, subtler, smoother, and "higher" than the Copper BioCircuit. Excellent for meditative inner exploration and personal growth. The waves of relaxation seem to go on forever.



- Constructed according to Peter Lindemann's strict guidelines, from 100% silk together with 100% cotton
- Forms the Eeman General or Optimal Relaxation Circuit or the Lindemann Centrally Symmetrical Circuit
- Includes full instructions and a unique audiotape with voice, music and brain synchronization signals.

(BT002) $59.95

Takionic® Silk BioCircuit™

BioCircuits harmonize your natural energy flow to realign, balance and energize your being. They draw your body and mind into deep relaxation and refreshment. The Takionic Silk BioCircuit combines your own energy with powerful, clear Tachyon energy to make the BioCircuit experience profoundly energizing for a benign "pick-me-up."
(AT101) $79.95

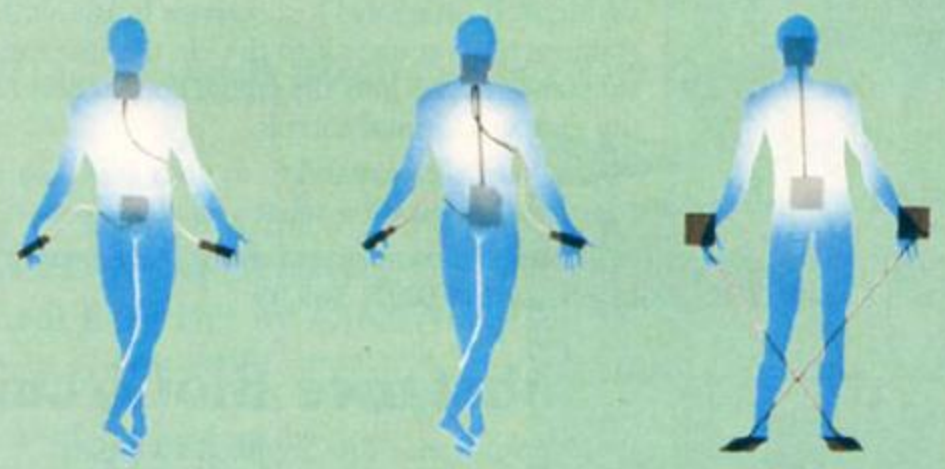
"In my workshops and own personal experience, I've found that BioCircuits seem to assist in balancing and energizing the system. They also work synergistically with many of the brain machines."

– Michael Hutchison

Silk or Copper: Which Is Better?

Either one, depending on your mood and reason for using the BioCircuit. Usually, Copper offers a more distinct and powerful experience, while Silk produces a longer-lasting, subtler and smoother experience. If you are undecided, start with Copper. Later, use the Silk and notice the differences for yourself. Or, try the Silver BioCircuit for an experience that combines the qualities of both Copper and Silk and adds a unique difference.

Basic BioCircuit Configurations



Eeman General Relaxation Circuit | *Eeman Optimal Relaxation Circuit* | *Lindemann Centrally-Symmetrical Circuit*

The three most important BioCircuit configurations. Lie on your back with the BioCircuit's Copper Screens or Silk Pads underneath your tailbone and head. Connect your feet (when appropriate) and grasp the handles. Relax completely, and feel the waves of energy!

The Silver BioCircuit™

Smoother than Copper, Stronger than Silk

The experience of using these Silver BioCircuits is even more complete and satisfying than using the Copper and Silk together. Their effect is not only powerful but also very pure. Beyond that, we observe a constant flow experience, as contrasted to both Copper and Silk, in which the experience builds up and releases in a series of "waves." Full three-part BioCircuit (like a regular Copper BioCircuit plus an Extra Copper Segment) custom-made to order. Allow 2–6 weeks. **(BT203) $169.95**

Silver Substance BioCircuit

Due to popular demand, we now build a 3-part Silver BioCircuit with substance capacity.
(BT206) $225.00

Luxurious Cotton Chamois Pouch

For All Your BioCircuits

- Exactly the right size and feel!
- Holds a Silk or Copper BioCircuit
- Room for your Extra Copper Segment.

(BT008) $19.95

"Discovering the Copper BioCircuit has enabled me to resume a process of internal energy work I had done years ago. This work had been profound and truly changed my life. But until I discovered the BioCircuits I hadn't been able to continue it. This has been very freeing. Plus, they're very simple and easy to use. Thank you." — John DeWitt, East Nassau, New York

Substance BioCircuitry

The Substance BioCircuit allows you to insert any liquid solution into a biocircuitry connection via a specimen bottle. The guiding principle is a "vibrational" one: your own life-energy current flows into and through the chosen substance, and then back into your energy field, without contamination by external electrical or magnetic signals.

Some researchers believe that this is a supremely pure way to ingest a vibrational influence, and the body is able to accept vibrational information much more readily when it is delivered in this way.

Substance Converter Segment

Transform your Copper BioCircuit into a Substance BioCircuit with this extra copper segment. It integrates a substance bottle with stainless steel probes into the circuit, inserting a substance bottle into the spinal connection of the Eeman Optimal Circuit.

- Add substance capability to your BioCircuit without duplicating what you already own.
- For the most convenient and flexible arrangement, combine this with the Full Copper BioCircuitry Setup. **(BT007) $69.95**

Substance BioCircuit

The Substance BioCircuit: A two-part Copper BioCircuit modified to accommodate a substance bottle with stainless steel probes. By using the special connectors (included), the substance bottle can be integrated into the circuit, or bypassed when you choose to use it as a regular Copper BioCircuit.

Includes full instructions and a special audiotape with voice, music, and brain synchronization signals. **(BT004) $89.95**

BIG SAVINGS

Our Substance BioCircuit Special – Only $119

A Copper BioCircuit, a Substance Converter Segment, the book *Biocircuits,* and *The Pattens on Tape* – a $149.83 value for only $119.00 **(SB103)**

To Learn More:

Double-Blind Study Confirms BioCircuit Effect!

The conclusions are clear: BioCircuits produce objective, measurable results.

Dr. Julian Isaacs of John F. Kennedy University conducted a study using three identical-looking "biocircuit" blankets. Only one blanket was a true biocircuit; another was an improperly wired biocircuit; and the third was a placebo, or "dummy" biocircuit.

Twelve subjects participated in the study, each undergoing four separate trials. Relaxation was measured using EEG (brain wave), EMG (muscle tension), EDG (skin electrical resistance), TEMP (finger temperature) and several subjective measures drawn from a questionnaire in which subjects compared their experiences on each of the three "biocircuits."

Results and Conclusions

The results were published in the journal of the International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM). Here are just a few of the findings:

1) The subjects in the real biocircuit experienced significantly more sleep, trance, and deep hypnagogic brain states.
2) Muscles of the subjects using the real biocircuit relaxed significantly more deeply.
3) Without knowing which "biocircuit" was real, all 12 subjects identified the real biocircuit as more relaxing than the dummy.
4) The chance of obtaining these results simply by chance is less than 1 in 5,000.

Reprint of Double-Blind Study of BioCircuit (BB001) $10.00

The Eeman Report: The Pioneering Years of Biocircuitry

A compilation of many rare and important early biocircuitry publications, including works by Eeman, Button, Lindemann, and Eric Powell.

Paperback 106pp **(BB103) $20.00**

Cooperative Healing

by L. E. Eeman

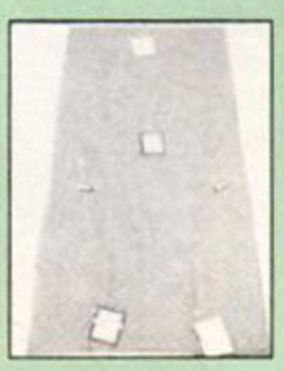
Eeman's magnum opus, this book describes 30 years of research into copper biocircuits. It emphasizes "Co-operative Circuits" in which two or more people are wired together. Paperback 395pp **(BB102) $30.00**

SuperCircuits: for those who want the very best

Employ every possible beneficial connection – 18 in all! The SuperCircuit links the top and bottom of the spine with both feet and both hands. A profound BioCircuit experience!

Copper SuperCircuit

Enclosed in a comfortable quilt with adjustable handles and foot screens. Indicate height of user. Allow 4–6 weeks.
(BT201) $350.00
Including Substance BioCircuit Connection – (BT204) $400.00



Silk SuperCircuit

Sewn into a flannel blanket to fit whatever size users you specify. Custom-made. Indicate height of user. Allow 4–6 weeks.
(BT202) $300.00

The High-Performance Mind BY ANNA WISE

About Anna Wise

Anna Wise is the world's foremost expert on brainwave patterns and training using the nearly legendary **Mind Mirror** *(p. 22)* – for many years the only real-time full-spectrum brainwave monitor in existence. She has not only conducted over 6,000 hours of Mind Mirror observation, but she has led clients through exercises while doing the observing and has regularly correlated the data with the subjects' subjective reports.

C. Maxwell Cade and the Mind Mirror

She carries on the tradition of the great British biofeedback pioneer, C. Maxwell Cade, who was her mentor and teacher. In the 1970s Cade co-designed **The Mind Mirror** to show the relative amplitude of brainwave activity in all frequency domains – beta, alpha, theta and delta (both left and right) – providing a tremendous amount of real-time information in a single intuitively meaningful display. None of the dozens of commercial brainwave monitors and training devices have ever fully duplicated The Mind Mirror's unique virtues.

A Great "Naturalist" of Brainwaves

Anna Wise's clinical experience is unique. Most medical EEG experts examine relatively short-duration pathological EEG segments, and most biofeedback practitioners observe their clients only in initial diagnostic readings – and only while working with specific training protocols. Rarely do these practitioners correlate subjective reports with brainwaves throughout sessions, as Anna Wise has consistently done. Joe Kamiya, the "father of brainwave biofeedback," has compared her work (including her many unique observations about brainwave patterns) to the work of the pioneering naturalists of North America.

The Awakened Mind

Until his death in 1985, Maxwell Cade did pioneering brainwave studies of accomplished yogis and other extraordinary individuals. While collecting this data (with the early assistance of Anna Wise), Cade identified a brainwave pattern he called "the Awakened Mind," characterized by optimal efficiency, well-being and balance.

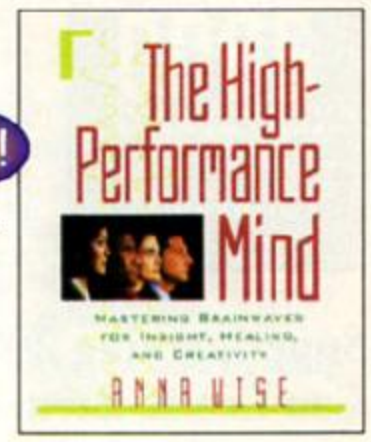
Anna Wise began her work by taking the Mind Mirror to boardrooms, where she discovered the "Awakened Mind" brainwave pattern in high-functioning Western professionals as well. For two decades, she has built on Cade's work, applying it to individuals interested in meditation, personal growth and high performance. She introduced the concepts of the "Brainwave Profile" and the "Brainwave Signature Pattern" and identified specific exercises that develop brainwaves in each domain.

Shifting Brainwave Signatures

Anna Wise has worked with hundreds of clients, identifying missing and overdeveloped components in brainwave patterns, actually teaching people to *shift* their brainwave patterns and helping them to enjoy a corresponding shift in their subjective or meditative experience. Her new book contains a unique brainwave-based perspective applied to subjective *content* as well as subjective *states*.

Anna Wise is a member of the Academy of Certified Neurotherapists, a former faculty member of Boulder College and the Colorado Institute for Transpersonal Psychology, a founding member of the European Association for Humanistic Psychology, and former director of the Institute for Psychobiological Research in London. She has been a regular workshop and seminar leader in the U.S., Europe, and at the Esalen Institute in Big Sur, California.

An important new book –



NEW!

The High Performance Mind:

Mastering Brainwaves for Insight, Healing, and Creativity

Anna Wise's long-awaited first book teaches you how to balance your brainwaves to unlock your optimum talents, remove the mental blocks that hold you back, and put you deeply in touch with your hidden potential. Written with warmth and simplicity, *The High Performance Mind* is not only groundbreaking in its insights, but extremely accessible.

Anne Wise provides a singularly clear, easy-to-understand explanation of the four kinds of brainwaves – beta, alpha, theta and delta – and explains how they communicate with each other to pass information between the conscious and unconscious mind.

Learn meditation exercises, hypnosis, imagery and therapeutic techniques to bring about optimum states for problem-solving, self-healing, and enhanced communication and interpersonal skills.

Hardbound 271pp **(TB226) $22.95 Orders accepted starting November 20, 1995**

Tape Set –

The High-Performance Mind

Brainwave Development Exercises by Anna Wise

This six-tape album contains an introductory lecture on brainwave development, plus ten state-of-the-art brainwave development exercises based on the new book, *The High Performance Mind*. On each program, Anna Wise leads you through a guided exercise, enhanced by original music (by recording artist Kit Walker) and frequency effects designed by Ms. Wise personally to complement each phase of each exercise.

All High Performance Books and Tapes Available Jan. 3, 1996
Orders Accepted Starting Nov. 20, 1995

Programs include: Deep Psychophysiological Relaxation, Alpha Development, Theta Development, Mastering Beta, Delta Development, Healing with Imagery, Brainwaves for Healing, Mental Fluency and Creativity, Opening to Clarity, Pure Spirit.

The High-Performance Mind Tape Set
6 Audiocassettes and Manual: Lecture plus Guided Brainwave Development Exercises **(TB225) $89.95**

NEW!

The High-Performance Mind – Music and Frequencies

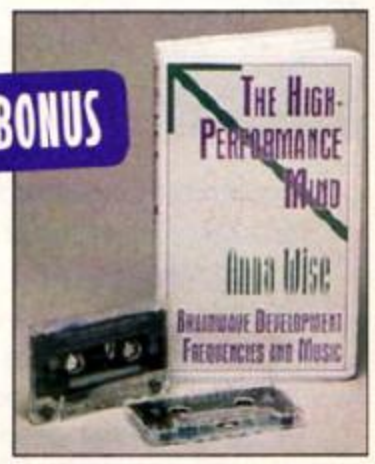
Two unique new Awakened Mind audio programs

These unique new groundbreaking audio programs of outstanding, original music by Kit Walker feature complex sequences of frequency cues specifically designed by Anna Wise. These "frequency scores" are designed to help coax you through a natural process of brain activation that can lead you toward your natural "Awakened Mind" state. Tape One is a full, 20-minute program; Tape Two is a quick, 5-minute tuneup, perfect for beginning key meetings, or for those times when you need to be your best – right now!

The High Performance Mind – Music and Frequencies (TB224) $39.95

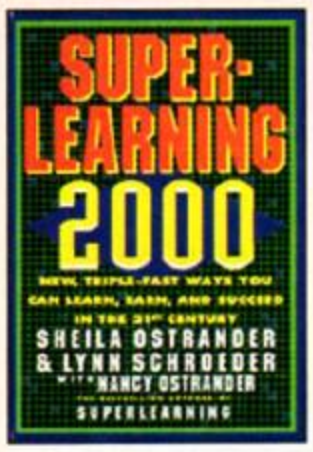
Limited time offer: **Music and Frequencies tapes FREE with The High Performance Mind 6-Tape Audio Album!**

FREE BONUS



Book and Tape Special	Value
The High Performance Mind – The Book	$22.95
The High Performance Mind 6-Tape Audio Album	$89.95
The High Performance Mind 2-Tape Audio Album	$39.95
Total Value	$152.85

(TB227) Your Cost only $99.95!



LEARN SUPERLEARNING

There's a worldwide explosion going on – an explosion of advanced techniques for accelerated learning, supercharged remembering, and peak mental performance. In the 16 years since the publication of their earlier book, *Superlearning*, authors **Sheila Ostrander** and **Lynn Schroeder** have introduced millions of people to the leading edge of mental performance.

THE BOOKS:

Superlearning 2000: New, Triple-Fast Ways You Can Learn, Earn, and Succeed in the 21st Century

This up-to-the-minute book, now in paperback, is packed with brand-new techniques and strategies for increasing your brain power with music, nutrition, mind machines and much more. A staggering resource. Paperback 436pp **(NB030) $12.95**

Supermemory

A book of breathtaking scope. Explore the effects of music, sound frequencies, mental techniques, machines and nutrients on learning and memory. See eye-opening accounts of recently declassified memory weapons. Hardcover 431pp **(NB007) $21.95**

Superlearning

The exciting story of the original accelerated learning research – the Lozanov system from Bulgaria, which uses baroque-era music at natural rhythms to boost learning. Plus a review of accelerated learning research from around the world. Paperback 355pp **(NB019) $10.95**

SAVE:
Superlearning course plus *Superlearning 2000* book (NB041) (A $102.90 value) Only $95.00!

"Superlearning 2000 is a marvelous resource for those who do not want to be limited by their beliefs. Read and learn about human potential, yours and mine."

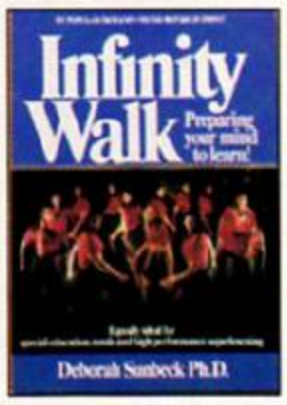
– Bernie Siegel, M.D., author, *Love, Medicine and Miracles*

INFINITY WALK NEW!

There's quite a buzz about the Infinity Walk among clinicians looking for practical tools to help people with Attention Deficit Disorder and other learning disabilities.

We move, says Rochester psychologist Dr. Deborah Sunbeck, from one-dimensional unity in the womb to the three-dimensional natural sensual world. Then we're plunged headlong into a two-dimensional world of symbols, language, reading, writing and figures. Some people have trouble making the 2D connections. Others do it so well they lose connection to the 3D or 1D worlds. The flow of peak performance springs from coordination of the worlds with integrated sensorimotor circuits and brain rhythms of beta, alpha and theta.

Sunbeck looks at the three major ways we process information: sight, hearing and touch. Which is your dominant Eye? Ear? Hand? Often dominance is split. Glitches in brain/body circuits can arise with all eight possible left-right combinations. Don't despair. You can walk yourself right out of that "static" with the Infinity Walk. It's called "Infinity" because greater integration opens into optimal functioning – the disappearance of perceived limits – but also because you walk in large figure eights while adding sensory, motor and cognitive challenges.



Book: **Infinity Walk,** by Deborah Sunbeck. Paperback 241pp **(BI800) $12.95**

Videos: **Introduction to Infinity Walk,** a lecture-demonstration by Deborah Sunbeck. Includes case studies of LD children, age 8-16. 12 minutes. VHS **(VI801) $12.95**

Step-by-Step – The Infinity Walk. Dr. Sunbeck talks you through each step in developing your Infinity Walk. Recommended! Age 8 to Adult. (20 minutes, VHS) **(VI802) $19.95**

SUPER-LEARNING

THE COMPLETE SUPERLEARNING COURSE: NEW!

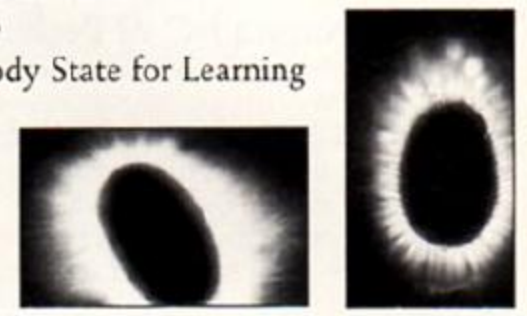
Transform your life personally and professionally as 21st-century people are doing worldwide with Superlearning. This full-spectrum program can help you **learn 2 to 5 times faster, dissolve blocks** to peak performance in any field, **develop Supermemory, realize new talents**, and **chart a power course to your goals.**

You get a fully integrated course in the holistic system that's been proven effective around the world. The course includes:

- Music that has been demonstrated to Accelerate Learning and Memory by 24-26%
- Guidance to the Optimal mind/body State for Learning
- A Timer Tape with "the Rhythm of Memory"
- How to Make Your Own Tapes for school, exams or business
- A Superlearning Subliminal
- Supermemory via Suggestive Re-Patterning and Codes
- Power Concentration
- Super-Keys to Success and Prosperity
- 40-page Interactive Handbook including learning tips

Superlearning Course:

6 tapes and interactive handbook **(NB040) $89.95**



How Baroque Music Affects Your Biofield

"Before" and "after" Kirlian photos of the aura or biofield around a human finger. The photo at left shows the biofield before music. The photo at right shows the same person after listening to Bach. The field is much more focused and patterned.

Brainwave Monitoring

The Mind Mirror III

The Mind Mirror is an almost legendary stand-alone brainwave monitor. Its unique display makes it possible to analyze a great deal of information about brainwave patterns in real time. It enables users (usually assisted by a "monitor") to recognize and self-regulate brain activity across a complex range of parameters – right/left hemispheric activity is broken out clearly across 15 separate frequency bands, including an EMG channel, for both hemispheres. (For more information on this machine, see Anna Wise's book *The High Performance Mind* on *p.21.*) The new Mind Mirror III offers LCD display, automatic recording of the most recent 30 minutes of each session, and MS-DOS computer communications (in real time with optional fiberoptic cable). This compact unit comes with batteries, all leads (except optional fiberoptic computer link), electrodes, and a sturdy carrying case which holds the unit and all accessories. A non-returnable professional product.

The Mind Mirror III (NE610) $3,500.00
Optional Fiberoptic Cable (NE611) $495.00

PhotoReading Personal Learning Course NEW!

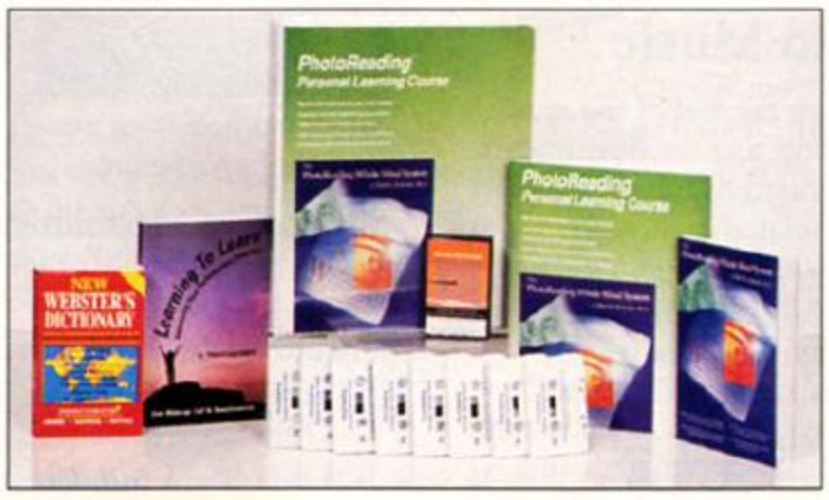
PhotoRead at *25,000 words per minute!*

Learn a few new tools – simple but sophisticated techniques – and your mental powers will take a leap forward. This course teaches a series of conscious mind techniques plus the inner mind process of "mentally photographing" printed pages. Then it shows you how to combine them to handle your learning and reading needs.

Students are *astonished* by the power of this course. It really works! And it's not about feeling rushed; it's about being fully present and using untapped powers of your mind. Transform your brain from the "empty bucket" your teachers had you passively fill, to an active and purposeful searchlight for learning.

Speed-reading courses cannot come close to what PhotoReading offers you. Imagine being able to do hours of reading in minutes, reading full books in about 5 minutes – without feeling as if you are speeding up! Then imagine asking yourself, "If my mind is capable of PhotoReading, what else is it capable of doing?!"

Paul Scheele, creator of the renowned Paraliminal Tapes *(see p. 57)*, developed the revolutionary PhotoReading system. A recent survey of PhotoReading graduates reveals that PhotoReading can help you reap strong benefits in four areas:



1) **Read more easily with better understanding and usefulness**
2) **Improve your memory and sharpen your concentration**
3) **Manage your time better and increase your productivity**
4) **Enhance your intuition and develop your true potential**

Newly affordable! PhotoReading formerly was available only through live seminars at nearly three times the cost of this Personal Learning Course. Now its powerful benefits cost you only $245, and you can study at your convenience!

What you get: 16 PhotoReading instruction sessions on 8 audiotapes, plus 4 books: *The PhotoReading Whole Mind System* by Paul Scheele, *Learning to Learn* by Tinadad Hunt, a manual, and a pocket dictionary. **Free bonus:** the great Paraliminal tape, *Memory Supercharger.*

PhotoReading Personal Learning Course (TP333) $245.00

Using Light and Sound for Accelerated Learning

Light and sound stimulation is a powerful aid to learning. The proof is based primarily on the work of one visionary researcher and clinician, Dr. Rayma Ditson-Sommer of Arizona State University.

Although many devices claim to deliver learning benefits, Dr. Ditson-Sommer has long sought to distinguish the approaches that yield powerful results from those that do not.

Here we list the very tapes and light/sound equipment Dr. Ditson-Sommer herself uses (along with the NeuroLink on *page 4*, and the Symmetron Chair).

SPECIAL: PERSONAL LEARNING PACKAGE
Includes the PLI and all 8 NeuroLearning tapes by Dr. Rayma Ditson-Sommer.
(NE771) (A ~~$301.55~~ value) Only $279.95

The Personal Learning Instrument (PLI)

This light/sound machine contains 15 programs created by Dr. Rayma Ditson-Sommer that have been tested and tuned for effectiveness in supporting learning processes.

Features:

- 15 programs, including "Comforting Calmness," "Listen and Learn," "Creativity Enhancement," "Deep Sleep" and more
- An audiotape by Dr. Rayma Ditson-Sommer featuring music for *learning* on one side, *relaxation* on the other
- Simple operation – select a program and play it
- Pitch adjustment available during program
- Thumbwheel control of sound volume and light intensity
- Sounds include pulsed tones, pink noise and true binaural beats
- True sine wave sound, unusual in a low cost system but essential for binaural beats
- Ramping of sound volume and light intensity for gentle on-off transitions
- Automatic shutoff after 10 minutes of no activity

What you get: System unit including rechargeable NiCad batteries, AC adapter, goggles with 4 red LEDs/eye, headphones, stereo cord for connecting to tape player, user manual, Learning/Relaxation audiotape, 6-month warranty. **(NE770) $149.95**

NeuroLearning Tapes

by Dr. Rayma Ditson-Sommer

Rapid learning gains have been demonstrated repeatedly in studies by the tapes' creator, Dr. Rayma Ditson-Sommer. Use these flexible tapes with your PLI or other light/sound machine for accelerated learning purposes.

$18.95 each:

♥ **Introduction to NeuroLearning: Techniques for Accelerated Learning.** Learn the set-by-step method of accelerated theta wave cognitive learning. 30 minutes. **(TQ101)**

♥ **Developing Wholebrain Accelerated Learning.** Develop left-right crossover with relaxation and visualization specific to subject material. 30 minutes. **(TQ102)**

Using Visualization for Accelerated Learning. Especially helpful with foreign languages, fact memorization and with learning-disabled students. 36 minutes. **(TQ103)**

♥ **Super Study for Tests.** Proven boosts to grades at ASU's MALT lab. 36 min. **(TQ104)**

Accelerated Learning of Foreign Languages. 36 minutes. (TQ105)

Charisma – The Way to Winning. Attitudes and self-image help you reapproach life decisions, goals and success. 30 minutes. **(TQ108)**

♥ **NeuroLearning Memory Enhancement.** Quick understanding of retaining information rapidly and long-term. 20 minutes. **(TQ109)**

Time Management Skills for Success. Instill new habits and a new "time sense" for quick prioritization of activities. 30 minutes. **(TQ110)**

WaveRider™

Turns Brainwaves into Music

Set up the feel of the music by selecting the instruments, scales and effects that you want your body and mind to "play." Connect the WaveRider™ control box (and the optically isolated brainwave sensors) through your serial port, then use the Windows application to translate the data so it controls a sound card or synthesizer.

You get 3 to 5 channels (depending on the version you choose – *see below*) that read heart, brain, muscle and skin resistance. WaveWare™ (the Windows software that comes with the WaveRider) offers real-time FFT with variable windowing and time averaging, a spectrogram and heart rate. You can configure and store complex displays and audio output settings, as well as data files of any length.

Newly added capacities: Graphing of all values that previously could only be converted into music; spooling of all graphs to an ASCII file that can be analyzed; PLUS a new synchrony mode that compares the phase relationship of the 2 channels – allowing alpha, theta or beta synchrony training like Les Fehmi's Brainwave Biofeedback Synchronizer.

System requirements: 386 or greater, Windows 3.1 or 95, VGA graphics card and display or better, Soundblaster™-compatible sound card, mouse, and vacant serial port.

What you get: WaveRider control box, WaveWare software for Windows, comfortable headband, two armbands, GSR finger clips, leads, paste and cleaner, plus full instruction manual.

For Windows

WaveRider Jr. (NT442) **$750.00**
Two low-noise channels read brain, heart or muscle; 1 channel of GSR.

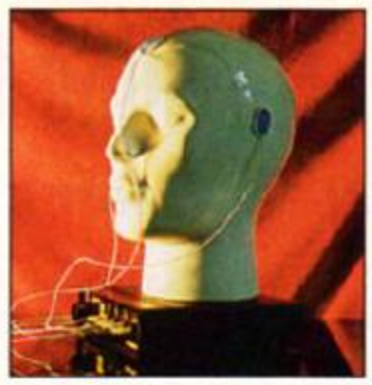
WaveRider Pro (NT441) **$1,500.00**
Four low-noise channels that read brain, heart or muscle; 1 channel of GSR.

WaveWare™ Demo Disk (NT443) **$9.95**
Just pop it into your Windows machine, and "test drive" the program that runs the WaveRider.

This Is Your Brain on Music

NEW!

by Seventh Wave
This band combines brainwaves, traditional instruments, voice, woodwinds, synthesizer and WaveRider biological music into a diverse, magical soundscape. The catchy tunes span a range from an ethnic-ambient sound to pop to blues. The WaveRider plays a part on every cut of this CD.
(NT444CD) $15.98



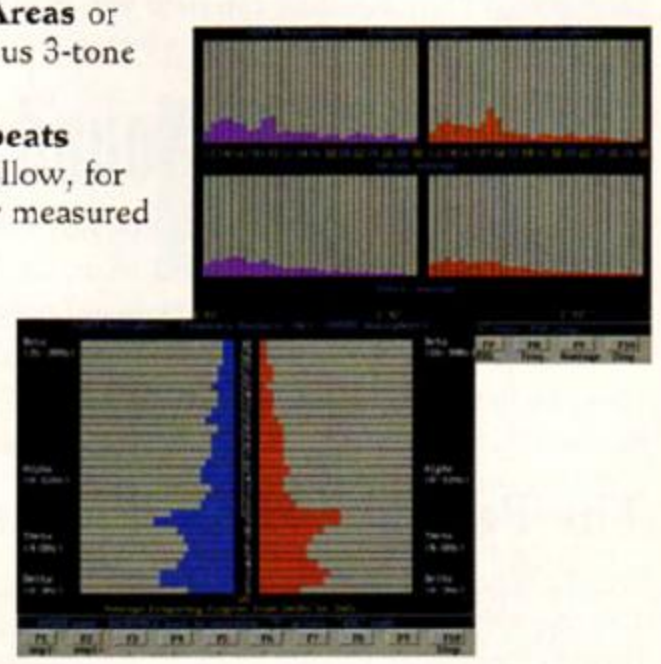
The BrainTracer

A fully adjustable home trainer

This affordable tool from Holland displays and analyzes brainwaves and makes it possible to work with them in a practical way. It's a breakthrough because it's so flexible and sophisticated, yet boasts an attractive, easy-to-use graphical user interface and well-written manual.

Some of its capabilities:

- **Real time** display or feedback of 2 monopolar data channels – and markers and comments can be added in real time.
- **Multiple Intuitive Displays** including:
  1) ***Left/right real time 1-32 Hz spectrum analysis*** (indicating L/R coherence & frequency distribution)
  2) ***3-D Waterfall.*** Compressed Spectral Array displaying full spectrum analysis for L/R (can be edited or zoomed)
  3) ***Average frequency analysis*** over 2, 5, or 10 seconds, or many hours
- **Audio feedback capacity:**
  1) *Via internal PC loudspeaker:* Gives simple feedback 5-12 Hz
  2) *Via soundblaster card or external MIDI synthesizer (not included):*
     a) **Feeds back & displays alpha/theta frequencies** (sound follows frequencies)
     b) **Select 3 Frequency Areas** or "bands" for simultaneous 3-tone feedback
     c) **Generates binaural beats** (which can be set to follow, for instance, 0.5 Hz below measured frequency)
- **Technical:**
  256 samples/sec; 8-bit resolution; up to 30uV full scale sensitivity (0.11 uV per pixel); 0.5 Hz high pass/31 Hz low pass filtering; 50/60 Hz digital real-time filter in software; visual artifact rejection; impedance check tests electrode connections.



System Requirements: IBM PC or clone 386, 16 MHz or higher, 1 MB RAM & 40 MB hard disc or more, VGA display, serial port, DOS 3.3 or up. For full audio feedback: Soundblaster™ card or external MIDI synth.

What You Get: Full software, serial-connected (9600 baud) base unit (optically isolated), full operating manual in English, Dutch & German. *Now included – Top Quality Electrode Hookups. At an incredibly low price!*
The BrainTracer (NT420) $1,199.00

The IBVA – A Way Cool Tool for the Mac

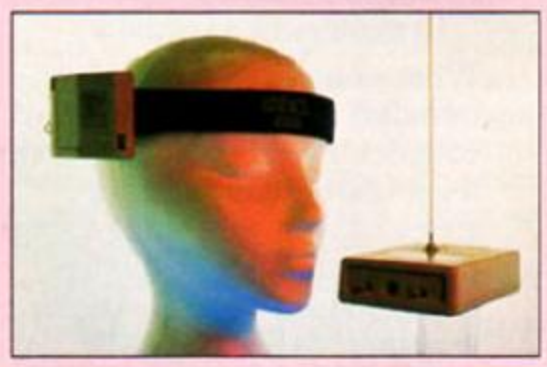
Want to play around with "cool" effects using brainwaves? Then this is the unit for you. It's a state-of-the-art, interactive, Mac-based brainwave monitor/recorder and mind-oriented development system. Consisting of a headband, lightweight wireless transmitter (up to 30 feet) and a receiver. The IBVA can also record real-world brainwave data to a "Walkman" or camcorder without a computer. Send and receive real-time brainwave data via network or modem connection. Real-time 3D, 2D, Raw Data and Horizontal Bar displays. Play and control MIDI sounds with your brainwaves (without external MIDI hardware or sound boards!).

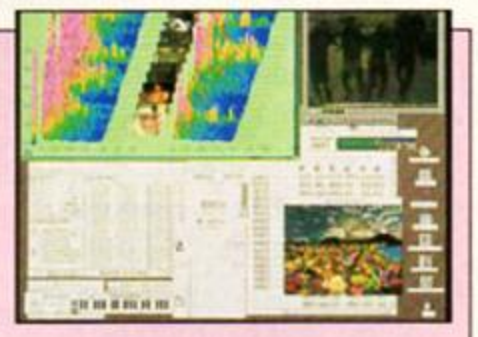
Development tools are included with the IBVA System. Also includes CD-ROM, *Step 1*, filled with brain-controllable interfaces and digital video movies.

EEG Amplifier Specifications are as follows: Range 0.39 MicroVolts to 100 MicroVolts; Sensitivity 0.39 MicroVolts; Input Impedance 100M ohm; Input Noise <0.39 MicroVolts.

Human-computer interaction has been redefined; get ready!

1-Channel System (NT402) $1,295.00
2-Channel System (NT401) $2,295.00



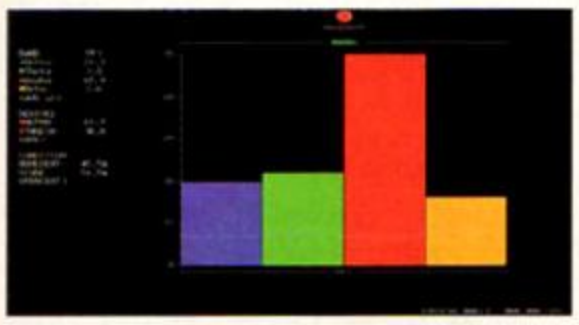


THE State-of-the-Art Peak Performance Trainer!

The SMART 100 Brainwave Trainer

NEW! TOOLS FOR EXPLORATION EXCLUSIVE

Tools For Exploration is excited to join with some of the most respected names in professional EEG Biofeedback to bring you the most powerful peak performance booster money can buy! The SMART Brainwave Trainer is the best quality 2-channel multi-function brainwave trainer currently available anywhere – and it's reasonably priced. It is truly unique, technologically advanced and easy to use.



The SMART 100 connects to your DOS computer's parallel port for 2-channel EEG biofeedback with deluxe color graphics.

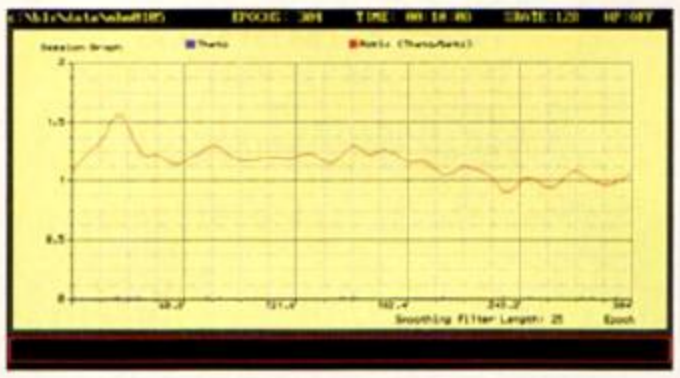
Easy to use for powerful benefits

Hook up to the SMART 100 Brainwave Trainer whenever you like, and start training for higher performance. Training the brain yields added awareness and increased concentration, while reducing the potential for errors. Or just use The SMART 100 to observe changes in brainwave patterns as you engage in different mental activities.

To use, you simply connect the electrodes to your head (following the clear instructions in the manual), confirm that you have good electrical contact (using the built-in impedance check), select the type of training you want to do, and begin.

Many useful settings

The SMART 100 Brainwave Trainer contains settings for **ClearHeadedness** (decrease Delta and/or Theta), **Focus** (increase SMR or SMR and Beta), **Creativity** (spectral correlation), **Mental Control** (increase Beta), **Intuition** (increase Alpha), and **FeelGood** (bilateral synchrony). Some of these settings involve simultaneously enhancing and reducing activity in different frequency bands (up to 7 at a time). Each of these settings includes all recent refinements shown to be effective and now coming to be used by experts. Future upgrades, reasonably priced, will enable you to use new protocols as they are developed. As a result, you can get meaningful benefits (changes you will feel very distinctly) from training your attention using this top-quality, sophisticated peak performance unit.



Excellent Graphics and Sound

Among the most exciting features of the SMART 100 Brainwave Trainer are its many informative display screens, including spectral analysis, color-coded trend graphs, selected vertical bar graphs (with or without threshold indicators), and special screens that allow you to participate in four different games designed to make training more fun.

You get 4 different sound options – flute, clarinet, synthesizer and bell. All of these can be regulated in volume, pitch, and acuteness.

But the SMART Brainwave Trainer is not limited to training; it also serves as a brainwave monitor and recorder. You can record data to disc for later analysis, export it for statistical analysis, or monitor a subject in real time.

You also get: an easy-to-read operating manual, appropriate for brainwave training; and an easy-to-use set of electrodes. Includes a 1-year warranty.

Technical Specs: 128 Hz/second; 0.5-32 Hz frequency response.

System requirements: 386 with math co-processor, 486 or Pentium, DOS 3.1 or higher, Soundblaster-compatible soundcard, free parallel port.

The SMART 100 Brainwave Trainer: 2-Channel-capable 6" x 9" x 2" control unit, parallel port interface and all operating software on 3.5" discs.

(LX400) $1,049.95

The Neurodata I-400 & I-410 Physiographs

Two professional quality DOS PC-based physiological monitoring and recording systems. For more detailed information on these nonreturnable EEG units, please call to speak to our technical support representative. A non-returnable professional product.

Neurodata I-400

- 2 channels of EEG, 1 of TEMP and GSR
- Compact (6" x 1.5" x 4") and lightweight (0.6 lb.)
- Battery-operated (9V battery, 25 hrs.)
- Mouse-operated, menu-driven, with descriptive icons
- Pre-programmed monitoring, training and recording applications, including baselines and recording, stress management training, alpha training, theta training, SMR training, beta training and dual hemisphere training.
- Numerous training options within each category, including graph presentations (up to 8 on the same screen), animated displays, and visual games. Also, auditory feedback, threshold setting, color selections, "picture taking" of live screens, notes taken in real time, data collection control, zooming functions, and many other useful refinements.

(NE650) $2,995.00

Neurodata I-410

- 4 EEG channels, 2 EMG channels, RESP (2 channels, chest & diaphragm); 1 each of BPM, PULSE, TEMP, GSR & options for others.

Software includes all capabilities of the I-400, plus the following additional features:

- Software is structured into three major program areas: Psychophysiology, 4-point BrainMap and Neurodata.
- Once a program is selected (e.g., "psychophysiology"), one of these training/recording applications is chosen: Stress Profiles, EMG Scanning, Autonomic Nervous System Applications, Somatic Nervous System Applications (EMG).
- Applications consist of 5 to 8 different options, each consisting of a primary display screen (e.g., basketball game), a variety of optional display screens appropriate to the option, and session "periods."

(NE655) $4,795.00

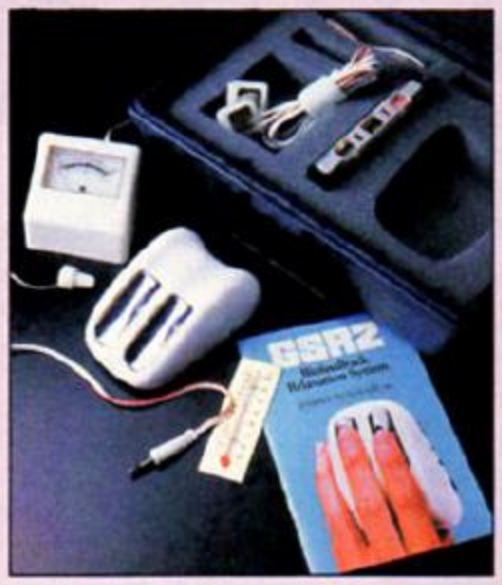
Basic GSR2 Biofeedback System

Every time the autonomic nervous system changes your level of arousal or relaxation, the moisture of the skin changes, and this affects its electrical conductivity, or Galvanic Skin Response (GSR).

The GSR meter instantly and accurately measures your emotional and physical arousal. Simply hold it in your hand, resting two fingers on the sensing plates. It turns itself on automatically at the touch of your fingertips and emits a tone. *The more stress you feel, the higher the tone.* Includes the GSR2 biofeedback unit plus an instructional cassette.

GSR2 + 1 cassette (BG101) $59.95

Deluxe Biofeedback System (GSR & TEMP)



Stress causes cold hands. This system precisely monitors GSR hand temperature (to 1/20° F) to provide a powerful self-awareness tool. You can choose audio tone biofeedback or visual meter biofeedback of GSR *or* temperature. Very high customer satisfaction.

(BG150) $139.95

Computerized GSR Biofeedback

Calmpute

An involving and insightful hardware/software package that monitors stress levels as expressed by galvanic skin resistance (GSR) while you interact with your PC. It includes relaxation exercises and challenging games to test your "cool" under pressure, making a game out of your growing mastery of stress as you react to a variety of challenges. Keep records for several users, who can choose to view and "control" any of several attractive visual patterns.

You receive software plus a GSR2 Biofeedback System and interface. *For IBM and compatibles.*

(BG250) $99.95

Learn Zen Attention Control

Open Focus®

The Zen-like practice of "Open Focus" is, according to developer Dr. Les Fehmi, "a unique exercise in the production of objectless imagery, relaxation, and the expansion of focused attention."

The Open Focus® Handbook

by George Fritz, Ed.D., and Les Fehmi, Ph.D.

Learn the Open Focus technique of optimizing attention, and apply it to the arts, sports, academics, stress and pain management training, preventive health care, and biofeedback. Paperback 149pp

(TB301) $24.95

Open Focus® Audiotapes

EEG evidence confirms that these tapes can teach people to achieve Zen-like states. The entire 12-tape program leads sequentially from a basic introduction through learning advanced pain control.

12-cassette album (TB313) $109.95

Tapes 1-6 (TB311) $59.95
(Tapes 7 and 8 are not part of this series.)

Tapes 9-14 (TB312) $59.95

ThoughtStream Computerized GSR

NEW!

What makes it different? Superb design; extreme sensitivity, with 8 selectable ranges; sophisticated digital signal processing; audio *and* visual feedback; extremely easy to use.

Slip your fingers into the two sensors. You'll hear a steady tone and see eight 4-color LEDs indicating your level of relaxation. Take a deep breath and you'll see and hear even tiny changes (as little as 0.64%) in your skin resistance.

It's a true "focus machine," easily guiding you to become "relaxed but alert and present."

What you get: Control unit (including 4-color 8-LED display), 2 finger probes, headphones, batteries, user manual and resource guide. (It even includes a serial port for computer interface; Windows software is in development.)

The ThoughtStream (NM400) $149.95

State-of-the-Art Tapes from Dr. Thomas Budzynski

Biofeedback and EEG brain-maps prove these tapes really work. Dr. Budzynski uses left/right differentials, whisper techniques, affirmations, visualizations and cognitive exercises to maximize their effects. All have been tested extensively and proven extremely effective.

To vanish stress fast:

The Revitalizer™

The miraculous 10-minute stress break!

Cassette (TB202) $14.95

To reinvent your attitude towards life:

Cyborium 2010™

Develop skills for relaxation, reducing fear, enhancing self-esteem and goal achievement, and coping with even the most extreme stress. Turn negative thinking into positive thinking.

3 Cassettes + manual (TB201) $49.95

Neurobics: Brighten your brain!

NEW!

neurobics

mind media labs

Feel clearer and sharper; get more done. Use Tape 1 while studying, talking, even watching TV. Pay full attention to Tape 2 and get a super neuro-workout. For students, seniors, kids who need help focusing, and professionals who want an extra "edge." These advanced techniques from Mind Media Labs are (1) proven effective and (2) brand new. You won't find these techniques in any other recordings. **2-Tape Set (TB222) $29.95**

Muscle tension Biofeedback teaches you to become "light as a feather!"

Antense®

You can experience tremendous benefits when you learn to deeply relax and let go of chronic muscle tension. It is one of the best ways to counteract stress and lessen its many negative effects, such as headaches, insomnia, anxiety and fatigue. Unfortunately, most of us cannot voluntarily relax the muscles that would really make a difference in how we feel.

Using Antense is like suddenly developing a new "sixth" sense – an awareness of the subtle underlying tension that usually escapes notice. It is not only the least expensive tool we've seen for muscle tension (EMG) biofeedback, it is also one of the most original. Three sensors read the muscle activity of your forehead (which shows your overall level of muscular tension) and feed it back as an audio tone. By listening to the tone, you can quickly learn to lower its pitch (thereby lowering your tension level), relaxing those normally uncontrollably tight muscles that cause you pain.

As you get progressively more relaxed, Antense will remain helpful because it has adjustable sensitivity. Thus, you won't be frustrated by quickly reaching the limit of its "relaxation scale." You'll be able to keep using Antense over time, even as you become skilled at relaxing.

- **Experience your body in a new way**
- **Enjoyable and instructive**
- **Simple and profound**
- **Newly affordable (Most EMG units cost 3-5 times as much!)**
- **Easy to put on and use**

Antense is simple to operate with only an on/off switch and volume control. Uses 9-volt battery. No gel is required. 1-year warranty. Allow up to an extra 4 weeks for delivery. **Antense (NE310) $119.95**

Affordable Temperature Biofeedback

Stress Computer™

Skin temperature is widely used as a measure of tension/relaxation. As your hands get warmer, your tension level goes down.

At only $59.95, the Stress Computer displays accurate digital temperature readings. It's easier to use than most expensive units, and more precise than many. It makes self-regulation easy and affordable. With practice, you can learn to relax at will.

Unit is 2¾" long, 2⅛" high, and ⅝" wide. Powered by 1.5V battery (included); estimated 1-year battery life.

Stress Computer (SC101) $59.95

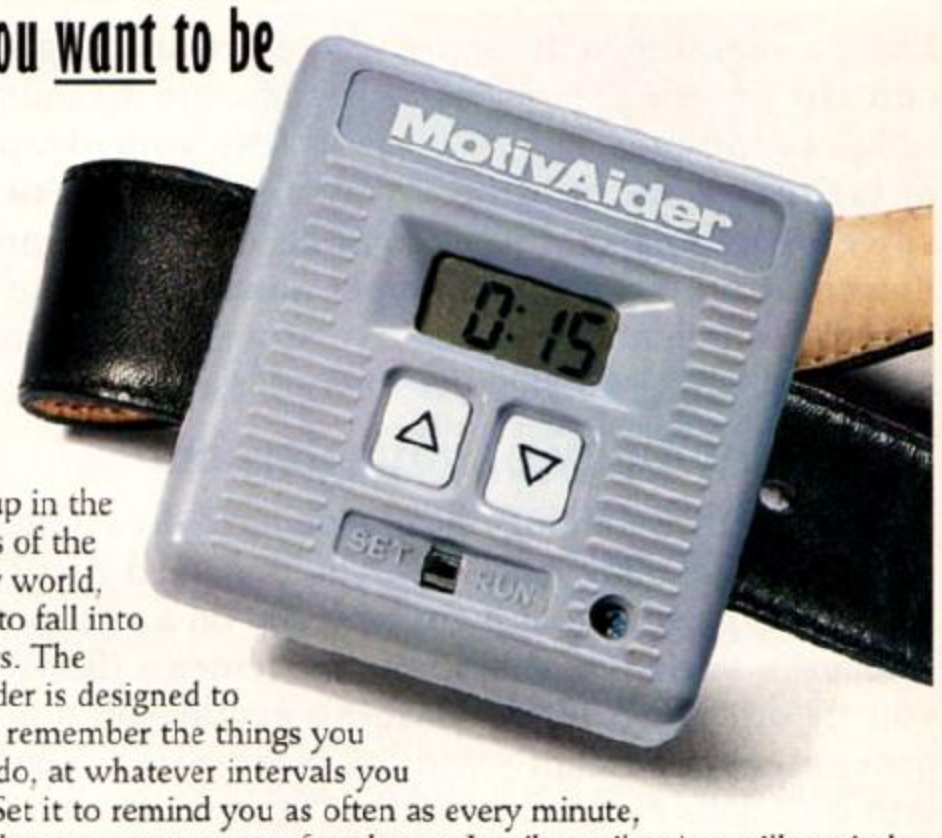
Features:

- **Large, ¾" high LCD display**
- **Attractive high-tech look**
- **Tilting desktop stand for easy reading**
- **Digital clock display**
- **Monitors both body and room temperature**
- **"Time to Relax" audiotape (60 minutes)**
- **"Warm Hands, Warm Heart" training guide**
- **90-day Limited Warranty**

Technical Specifications:

- **Displays in Fahrenheit or Celsius**
- **Research-grade standards**
- **Updates every 2 seconds**
- **6-ft. flexible wire reads temperature**
- **Range: –58°F to +158°F**
- **Accuracy: ± 1.8°F**
- **Long (1-year) battery life**

The MotivAider® helps you remember to be who you want to be



Caught up in the pressures of the everyday world, it's easy to fall into old habits. The MotivAider is designed to help you remember the things you want to do, at whatever intervals you choose. Set it to remind you as often as every minute, or as seldom as every twenty-four hours. Its silent vibration will remind you of your intentions – often when you need it most. Remember to breathe deeply, adjust your posture, smile, show appreciation, or open your heart! Developed by a clinical psychologist, it helps you change your thought patterns to let go of destructive habits, learn positive new habits, attain goals, improve athletic performance, reinforce intentions and promote physical and mental well-being. Includes belt clip, AAA battery and QuickStart instructions.

The MotivAider acts as a sort of second intelligence to help me choose the way I want to experience life, instead of operating "on automatic pilot," driven by habit.

– Terry Patten

The MotivAider (MD601) $59.50

Beyond Biofeedback

by Elmer & Alyce Green

The vast field of "human potential" has been profoundly influenced by Elmer and Alyce Green's pioneering research at the Menninger Foundation. This classic book tells the exciting story of how they objectively measured extraordinary human capacities and helped develop new techniques for liberating our hidden powers. Paperback 369pp. **(NB114) $14.95**

Biofeedback: Methods and Procedures in Clinical Practice

by George D. Fuller, Ph.D.

Clear, well-organized, authoritative, and full of extremely useful practical detail, this book has been used as a text by graduate psychology programs, medical schools, and in professional biofeedback training programs throughout the country. If you want to really understand biofeedback, this is a substantial beginning. Paperback 343pp.

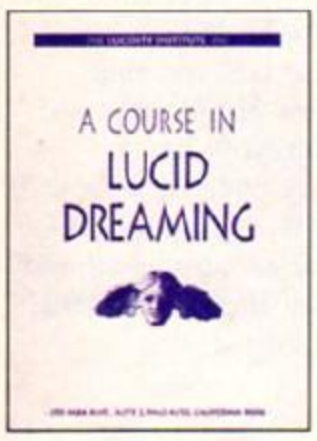
(NB125) $23.95

Experience fun and adventure while you sleep! Learn Lucid Dreaming

Lucid dreaming is the experience of **awareness** – and therefore **control** – of the dream state while you are dreaming. By learning the skills of lucid dreaming, you can **access your deepest wellsprings of creativity and intuition**; you can **stimulate new ideas and solve problems**; and you can **open doors to transcendence and illumination**. Realizing that your mind can "create" realities can give you the confidence you need to discover the infinite number of exciting and enlightening possibilities in your waking life.

The technology of your dreams

Breakthrough technology has made lucid dreaming easier. With these new lucid dreaming machines, you're guided every step of the way. When you go to bed at night, you slip on a comfortable eye mask. The mask senses your rapid eye movements (REM), indicating that you are dreaming. It then flashes a gentle, adjustable light that penetrates your dream – without waking you. You're quickly initiated into conscious exploration of the "other side" – your dreaming reality. We feature two machines that have been proven to increase the incidence of lucid dreams.



A Course in Lucid Dreaming

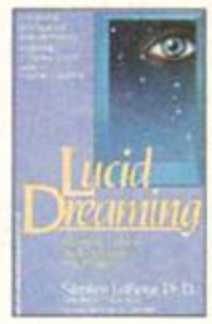
A Course in Lucid Dreaming is a comprehensive guidance system – indispensable to those who are serious about developing lucid dreaming abilities. It begins by developing the fundamental skills of dream recall and dream awareness, and teaches all known methods of lucid dream induction. Charts and logs assist you in assessing and monitoring your progress. You learn the Mnemonic Induction of Lucid Dreams (MILD), an extremely powerful method for achieving lucidity, napping to become lucid, and concludes with the unique "Traveler's Guide to the Dream World." The course is divided into 5 units and takes a minimum of 4 months to complete.

The **Basic Course (NB124)** at **$50.00** includes the Course Booklet, divided into 5 units, complete with charts and logs; the book, *Exploring the World of Lucid Dreaming;* and the tape, *Trance Induction of Lucid Dreaming*. It is included with the NovaDreamer, DreamLight and PEST. The **Deluxe Course (NB123)** at **$75.00** includes two additional tapes: **Controlling Your Dreams (NB135)**, available separately for **$12.95**; and **A Course in Lucid Dreaming Audiotape Supplement (NB136)**, available separately for **$19.95.**

Dr. Stephen LaBerge

Dr. Stephen LaBerge's pioneering research at the Stanford Sleep Center proved the objective reality of the lucid dreaming phenomenon. LaBerge has written, *"Lucid dreaming has considerable potential for promoting personal growth and self-development, enhancing self-confidence, improving mental and physical health, facilitating creative problem-solving, and helping you to progress on the path of self-mastery."*

Books about Lucid Dreaming by Stephen LaBerge, Ph.D.



These two books by lucid-dreaming pioneer Stephen LaBerge, Ph.D., document years of scientific research and extensive direct personal exploration of that magical moment in consciousness, the condition that has become the most widely-used metaphor for enlightenment itself: *becoming awake within the dream*. The first book, *Lucid Dreaming*, describes the lucid dreaming phenomenon and LaBerge's pioneering research into it. The second book, *Exploring the World of Lucid Dreaming* (with Howard Rheingold), is a practical resource for the dream-explorer with detailed information on how one can learn to begin lucid dreaming and use it for growth, self-understanding and fun.

Lucid Dreaming (Paperback 304pp) **(NB116) $5.95**

Exploring the World of Lucid Dreaming (Paperback 335pp) **(NB120) $5.95**

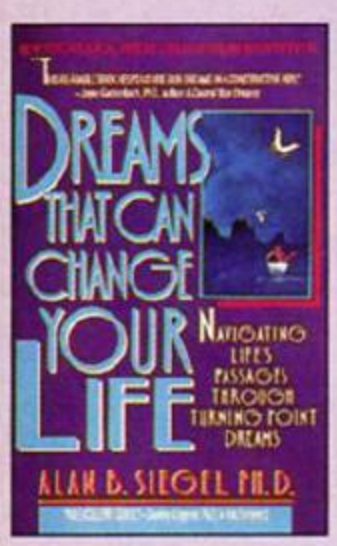
Relax into Lucid Dreaming

by Frank D. Young, Ph.D.

On side 1, Dr. Young describes the theory of lucid dreaming. On side 2, you are guided into a quiet and private space where dreams are incubated and rehearsed, with special attention to recognizing markers of the dream state. Both intention and technique are instilled, with the session trailing off into a state conducive to sleep. See other tapes by Dr. Young on *p. 60*.

Relax into Lucid Dreaming – Cassette (NM328) $12.98

For Remembering and Understanding Your Dreams



Dreams That Can Change Your Life

by Alan Siegel

Dreams reflect the changes in your life. But they can also help change your life...for the better. In this exciting and intuitive book, psychologist Alan Siegel analyzes over 100 "turning point dreams" to show how even unpleasant dreams can serve as creative tools for insight, inspiration and inner peace. You'll learn how to improve self-awareness and problem-solving skills by recalling, interpreting and sharing your dreams.

Paperback, 306pp **(NB210) $8.95**

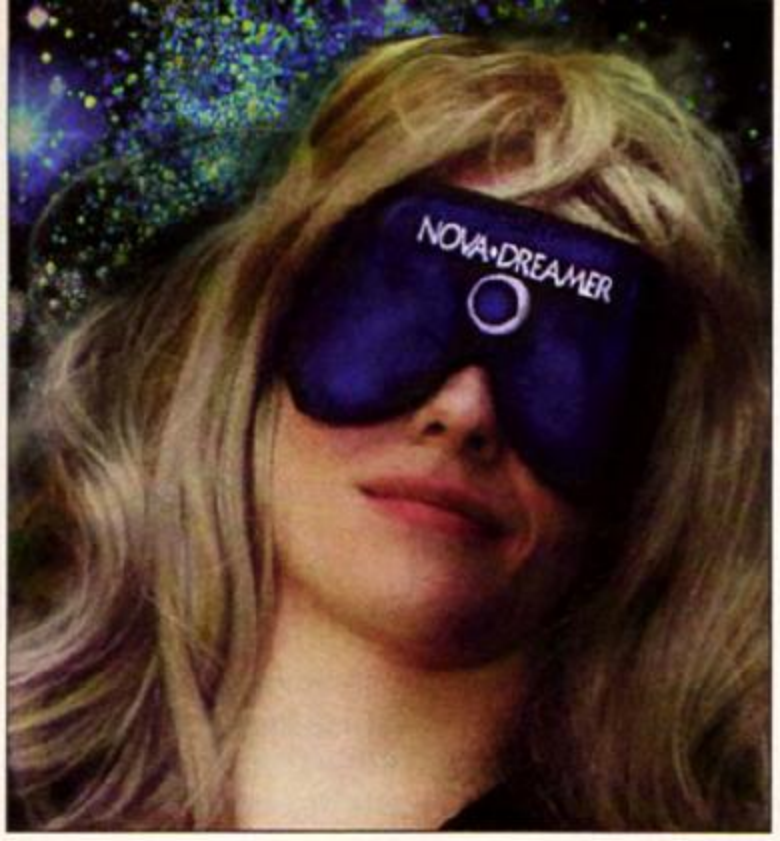
The Dream Program

This comprehensive dreamwork system is the most sophisticated and powerful software ever developed for dream exploration – and it features a built-in dream journal. It quickly guides you to your dream "category" (out of over 60 types), then helps you unravel even the most difficult dream, section by section.

It offers worksheets, automatic dating and record-keeping in your dream journal, password option for privacy, training programs, advanced analysis for difficult dreams, and three different options to print out your dream analysis. It even has 3-D windows, pop-up menus, animation and sound.

Requires DOS 3.1 or higher, 640K RAM, hard drive with 4 MB free, and EGA, CGA or VGA. Best with printer.

The Dream Program (NS310) $69.95

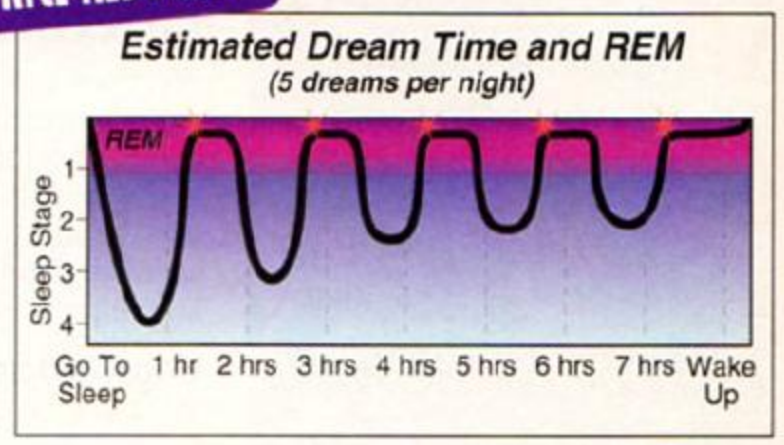


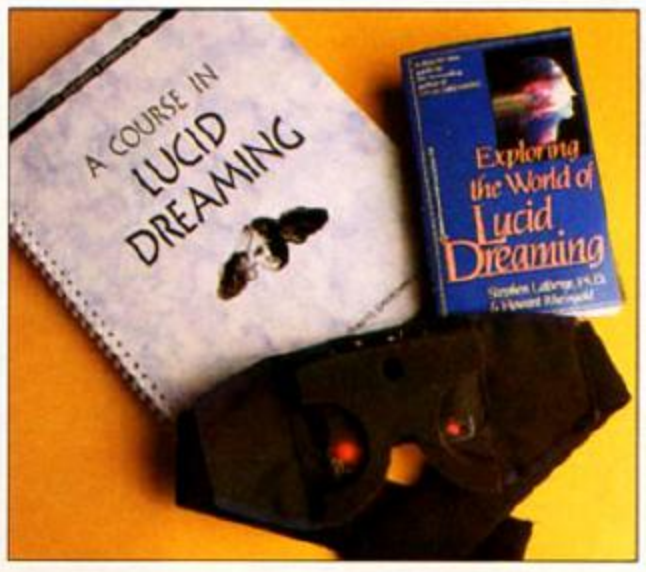
The NovaDreamer®

PRICE REDUCED!

If you want to start having lucid dreams as soon as possible, this is the product we recommend. Take "A Course in Lucid Dreaming" *(p. 28)* and use your NovaDreamer for an extra mechanical assist in "waking up without waking up." It's affordable *and* very useful, offering all the features you need to set off on your adventure. It includes the features you see *at left,* plus:

- **Preset modes for easy use:** Three preprogrammed settings for light, medium and deep sleepers allow you to get started right away with minimal adjustments.
- **Comfort and compactness:** All the electronics are in the soft, flexible sleep mask. There are no attached wires or separate units.
- **Battery power:** No electric cords or recharging needed. Operates on two AAA cells.
- **Simplicity:** All controls and features are operated with a single dial and a button.





The NovaDreamer® package includes:

- **The NovaDreamer Sleep Mask.**
- **The Basic Course in Lucid Dreaming.** A comprehensive training system – indispensable to those who are serious about developing lucid dreaming abilities. It begins by developing the fundamental skills of dream recall and dream awareness. Teaches all known methods of lucid dream induction. (A $50.00 value.)
- ***Exploring the World of Lucid Dreaming,*** by Stephen LaBerge, Ph.D., and Howard Rheingold. This book is the text for the Course.
- **Trance Induction Audiotape for use with the NovaDreamer.** Stephen LaBerge's hypnotic voice with background music and sound effects helps you create a mindset for easy lucid dreaming.
- **Lucidity Institute membership** for one year. Includes the quarterly newsletter *NightLight* and discounts on seminars and products.
- **One-year limited warranty** on NovaDreamer parts and workmanship. Batteries included (2 size AAA).

NovaDreamer (NM227) ~~$275.00~~ $249.95

NovaDreamer® and DreamLight® Features Include:

- **REM detection:** Advanced microtechnology enables full REM-sensing ability using a light, comfortable mask.
- **Flexible programming:** To customize your lucid dream machine's operations to your needs, you can select cue brightness and duration, flash frequency, sound, and varieties of cuing patterns.
- **Reality-test button:** Helps you to distinguish between the dreaming and waking states – an additional aid to learning lucid dreaming.
- **Feedback:** Your NovaDreamer or DreamLight will tell you how many cues you received during the night so that you can readily adjust it for maximum effectiveness.
- **DreamAlarm™:** Awakens you from REM sleep to enhance dream recall.

The DreamLight®

The most advanced lucid dream machine ever created was developed by world-renowned dream authority Dr. Stephen LaBerge.

- Calibrate it to suit you exactly
- Stores 10 nights of sleep data
- Very flexible programming of many parameters
- Comfortable top-quality construction

A whole range of state-of-the-art adjustments allow you to program the DreamLight to custom-fit your unique sleep and dream patterns. An expansion port allows connection to a computer or other accessory.

The DreamLight package includes: **DreamLight sleep mask and computerized control unit; A Course in Lucid Dreaming** (a comprehensive training system, indispensable to those who are serious about lucid dreaming – a $75 value); **Lucidity Institute membership** for two years; **expert phone answers** to your questions; and a **one-year limited warranty.** AC adapter included.

DreamLight (NM221) $1,195.00

The Programmable Electronic State Tester (PEST)

Here's a helpful companion who rides with you throughout the day and/or night, disguised as a beeper. No one else knows, but it's periodically "pestering" you to learn the habits of successful lucid dreaming! Use it unobtrusively while asleep, or during the day to reinforce lucid dreaming behaviors. This palm-sized unit fits in your pocket, clips to your belt, or hides under your pillow. It silently vibrates, beeps and/or it flashes an LED light. Choose any or all.

Use it in two ways:

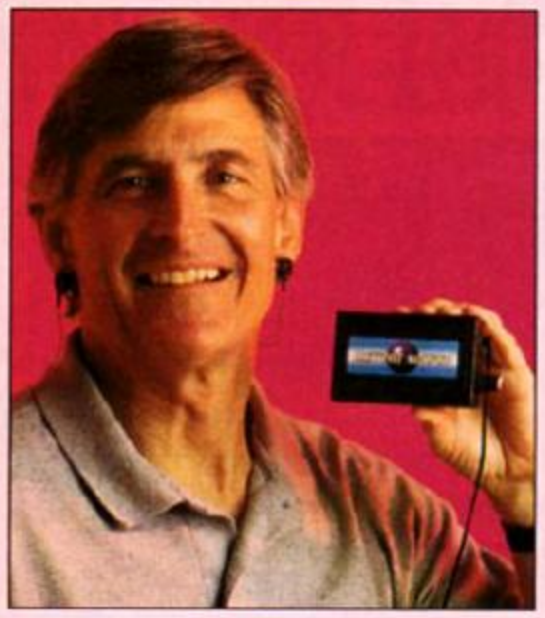
- **For "tactile" signals at night.** The PEST will signal you according to its own timer system through the night (a timing method that has been proven to work), or it can plug into your NovaDreamer or DreamLight to augment their audio and/or visual signals with its gentle vibrations.
- **For daytime "reality tests."** Making reality testing a consistent habit in your waking hours will increase your likelihood of going lucid while dreaming.

Special features: Like the MotivAider *(p. 27),* the PEST can be set to signal you at regular intervals (ranging from 10 minutes to 12 hours). Or, if you want to make it impossible to anticipate the cue, the signals can be made *random* (you still set the *approximate* intervals between cues).

What you get: The PEST, instructions, connections to NovaDreamer or DreamLight, plus *A Course in Lucid Dreaming (Basic Course – see description on previous page).*

The PEST (NM228) $149.95. The PEST without course (NM229) $119.95

Low Cost, High Quality Electrostimulation!



Current Source

When we first tested the **Current Source,** it got our attention immediately. The easy-to-use unit is so compact you can hold it in your hand. It weighs only 4 ounces. It's flexible – the reusable electrodes can be positioned on the earlobes or other parts of the body, such as acupuncture points.

Unprecedented Low Price

At only $199.95, this compact unit produces gentle, variable microcurrent electrostimulation. It's constructed simply and efficiently, and it's precision-engineered to provide all the important features.

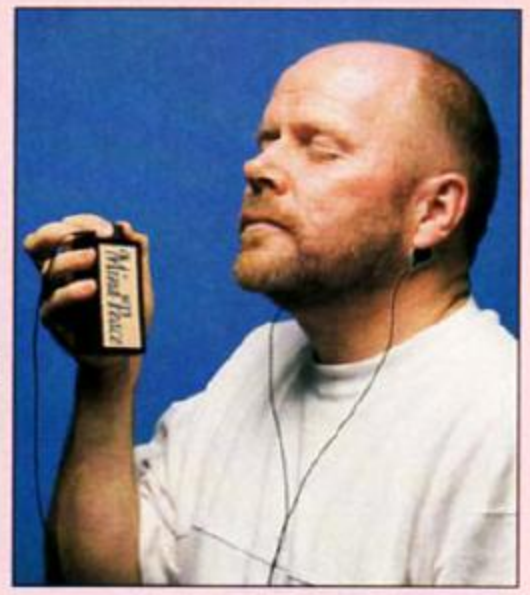
What You Get

The Current Source unit comes in a convenient carrying case. Complete operating instructions are provided. Also included are ear-clip electrodes, replaceable felt pads, six reusable adhesive electrodes and a tube of Tac gel (a sticky conductive gel that helps the electrodes attach to the skin). Additionally, the unit has a standard input jack that allows you to substitute other types of electrodes if you prefer. Requires 9V battery (included).

Current Source (NE230) $199.95

Current Source Technical Specs

- **Output Wave Form:** biphasic square waves of 0.5 Hz randomized by modulation with 0.4 Hz square waves
- **Output Intensity:** variable 50–600 microamps (over life of battery)
- **Voltage Compliance:** ~20 volts
- **Battery Life:** at least 50 sessions of 20 minutes – more with an alkaline battery



The Mindpeace: 100 Hz for $230!

NEW!

Here you find electrostimulation with the exact, proven waveform used in the scientific research – at an unprecedented *low* price! Even though it's only $230, the Mindpeace is a top-quality unit with the technical specs you want – a major breakthrough in consumer electrostimulation!

Technical Specs. The Mindpeace delivers 100 Hz microcurrent at gently variable intensity, including *low* intensity levels (0 to 1000 microamps). You get a pulse train of 2 KHz square waves over two milliseconds, repeating 100 times per second.

What You Get. The lightweight control unit is powered by its 9V battery (included). The bilateral cables and reusable adhesive electrodes can be positioned on the earlobes or on other parts of the body, or you can plug in your own favorite electrodes.

The Mindpeace (NE325) $229.95

Nustar II

This compact device "subliminally teaches control of meditational states by propagating an electronic signal through the brain," according to former NASA aerospace engineer and inventor Michael Hercules. "I became interested in the research revealing the many benefits of meditation, and decided to construct a mechanical aid to help meditators overcome difficulties in reaching deep meditative states." Extrapolating from his own research, Hercules recommended certain frequencies for learning specific mental states (such as healing, focused inner awareness, creative thinking, accelerated learning, etc.).

Hercules sees such machines as "teaching devices" whose "main purpose is to directly instruct the user how to duplicate the desired frequency at will."

The Nustar II contains a dial for signal intensity (well within the legal limits), a knob that controls frequency selections from 0.5 Hz to 12.5 Hz, and a headband with four electrodes. It is used by people in all walks of life: students who wish to improve concentration, musicians and artists seeking enhanced creativity, businesspeople who wish to reduce stress, students of meditation who want to achieve advanced states of consciousness, therapists, athletes wanting to enhance healing and mental strength, parents who need more energy and stamina.

The Nustar is small (3" x 5" x 1.75"; 1.5 lbs.). It outputs a pulsed 90% duty-cycle square wave from 5–50 microamperes at 18V. Comes with 4-electrode elastic headband with velcro closure, padded travel case with shoulder strap, 2-ounce tube of conductive gel, 9V battery, instruction manual, 1-year warranty.

Nustar II (NE201) $399.00

Nustar Custom – Custom-made with settings for 6 to 12 customer-specified frequencies between 0.5-40 Hz. **(NE202) $495.00**

The BT-6

The BT-6 is Bob Beck's redesigned and improved version of the BT-5, a product that has generated thousands of enthusiastic customers over the past eight years.

The BT-6 delivers minute levels of relaxing electrical energy to the body through electrodes placed just behind the ears. These microcurrent energy pulses appear to have a profound balancing effect on the individual and tend to facilitate feelings of overall well-being. The BT-6 delivers over 200 frequency harmonics in each microsecond pulse. All BT-6 output functions are computer-regulated, and a crystal-controller ensures reliable and precise frequencies.

The many reported benefits of the BT-6 tend to be cumulative in nature, gently unfolding over 2–3 weeks. The BT-6 is in a class by itself. 9V battery (included).

(NE204) $395.00

New features include:

- **Automatic shut-off timer (30, 45 or 60 minutes)**
- **Switchable pulse modulation, including 7.83 Hz setting**
- **Switchable pulse width modulation (220 or 550 microseconds)**

State-of-the-Art Electromedicine Microcurrent TENS plus CES

The Alpha Stim 100

Nothing relieves pain and enhances the quality of your life as easily, effectively and safely as the Alpha Stim 100, a sophisticated bioelectric therapy device. Alpha Stim 100 represents a revolution in the treatment of the body and mind based on recent advances in our understanding of biophysics.

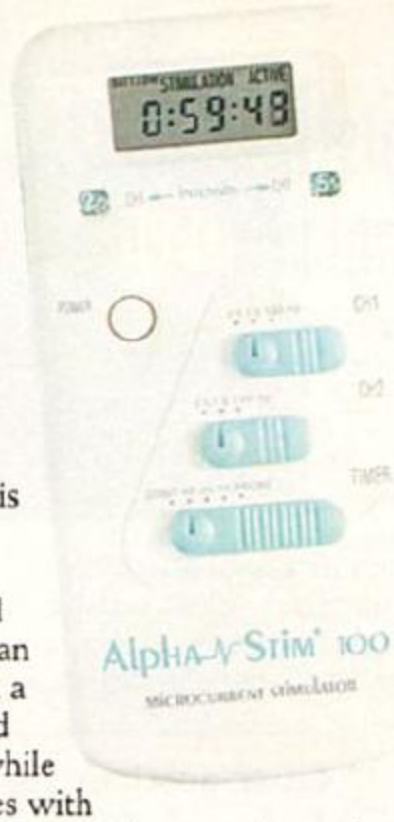
The Alpha Stim is widely known for its ability to readjust the body to a normal, pain-free state. It does this via a current that evidence suggests is **similar to that found in the body's own cellular structure.**

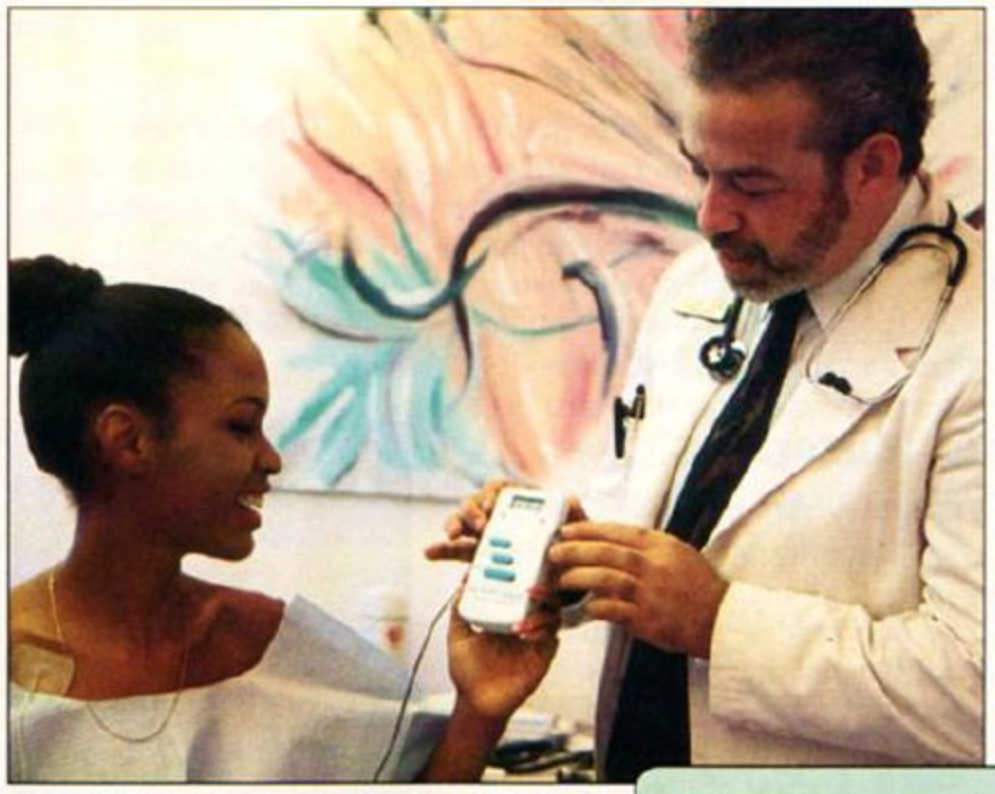
Developed by Dr. Daniel Kirsch, an international authority on acupuncture and electromedicine, the Alpha Stim has attracted wide notice and praise all over the world, including (for example) a full chapter in the book *Megabrain* and a front-page feature in the *Los Angeles Times*.

Convenient Features, Compact Design

Easy-to-use controls allow one-button operation once settings are correct, plus two additional frequency settings (1.5 Hz and 100 Hz) and the use of 2 probes for pain control. New, more precise intensity controls adjust the current from 10 to 600 microamperes.

The Alpha Stim is small, but the controls are simple, clear and easy. The unit can still be carried in a pocket or clipped to a belt, even while in use, and comes with a carrying case. The unit has two channels, permitting two areas to be treated at once or for "bracketing" a larger area, like the whole back.





Technical Specs

The Alpha Stim 100 generates complex randomized biphasic DC nonsinousoidal modified square pulses of 0.5, 1.5 and 100 Hz, changing polarity at 0.4-second intervals. It operates in a full biological frequency spectrum, including a very brief spike to break skin resistance. Adjustable from 10 to 600 microamperes at 9 volts. Timer settings are at 10, 20 and 60 minutes and continuous, plus a new "probe" setting – 10 seconds on and 2 seconds off – for treating painful areas quickly.

What You Get

The Alpha Stim 100 kit includes a control unit, 2 pairs of cable leads, gold-plated earclip electrodes, 2 pairs of self-adhesive electrode pads for TENS applications and 2 stylus TENS probes packed in a plastic carrying case. (Insurance reimbursement code is 00740; 07685 for P.I.P./ Worker's Comp.) 5-year parts and labor warranty.

Special Pricing

The regular retail price is over $700 for the unit and probes, but Tools For Exploration's everyday low price saves you over $100! A Prescription Medical Device (*see box*). **(NE112) $599.95**

Learn About CES

CES Articles & Bibliographies

1) Research studies and popular articles, 34 in all, compiled by Michael Hutchison. Approx. 200pp.
2) Compilation by Dr. Bob Beck on the use of CES in connection with anxiety, depression, addiction, insomnia, IQ, memory and headaches. 12pp.
3) Synopses of 41 scientific studies. 7pp.
4) Citations of 81 references to CES and summaries. 22pp. **(CE112) $35.00**

Audiotape:

Dr. Bob Beck Speaking on CES

A fascinating, lively and erudite discussion of the history, effects and therapeutic uses of CES by Dr. Bob Beck. Highly recommended.

Cassette (NE210) $5.00

"The ten-minute treatment brings immediate, dramatic relief that lasts at least eight hours. And unlike morphine, Alpha Stim leaves the patient alert."
– **Eric Misbara, *Omni* magazine**

Prescription Medical Devices

The Alpha Stim 100 and the Healthpax CES™ are available to licensed health care practitioners or by prescription. Please call for details. We will gladly supply physicians with any information they may need. Unlike the majority of products in our catalog, these are medical devices. If purchased with a prescription, they may be covered by some medical insurance carriers.

"Without exception, in every case there was a positive effect in decreasing pain... the longevity of the results was especially encouraging."
– **William Bauer, M.D., Archives of Otolaryngology**

Healthpax CES™

NEW!

This unit delivers the exact 100 Hz frequency and wave form that has been demonstrated safe and effective in the vast majority of an impressive body of diverse CES research studies – at less than $400!

Technical Specs

The Healthpax CES generates a pulse train of two 2 KHz square waves over two milliseconds. This pulse train repeats 100 times per second. Current is adjustable from 0 to 1500 microamps. Automatic timer shuts off the unit after 30 minutes. 1-year warranty.

What You Get

The Healthpax CES kit includes a control unit, bilateral electrode cables, starter set of pre-gelled electrodes and elegant carrying case. Requires a 9V alkaline battery (included). A Prescription Medical Device (*see box above*).

Healthpax (NE225) $349.95

- **Safe and backed by research**
- **Requires prescription**

Dr. Jacob Liberman's Spectral Receptivity System

NEW!

Wow! This is the finest educational color projection system ever designed. A quantum leap in technology assists you in developing *equal subjective color receptivity* across the entire visible color spectrum – often associated with profound psychological, physical and spiritual transformation.

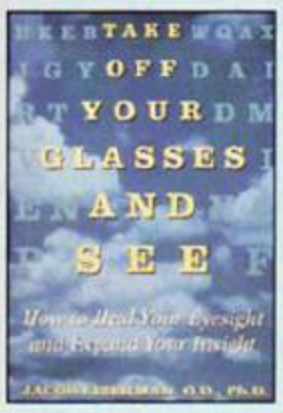
Spectrographically designed filters span the entire visible spectrum across the largest (over 3"!) viewing area yet made, with scientifically balanced color brightness and zero light leakage. Enjoy completely silent variable flashes and automatic advance and reverse color selection with remote control. Effective for individual or group experiences. Small, portable, less than 7 lbs., with DC power supply, and yet rugged with scratch-resistant metal housing. Replaces the Color Receptivity Trainer. Includes complete instruction manual.

Spectral Receptivity System (LM201) $3,195.00 *Available Nov. 15, 1995*

Lease/purchase for as little as $150/month! Ask for details.

Professional Training I – Video Set

A condensed presentation of Dr. Liberman's professional certification training. Highly recommended. **Two 2-hour videos** plus printed charts, graphics, etc. **(LM211) $74.95**



Take Off Your Glasses and See

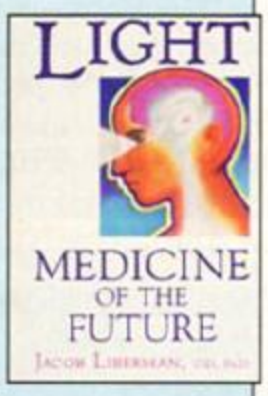
NEW!

by Jacob Liberman

In this extraordinary, inspirational book, Jacob Liberman shows you how to improve your outer vision by awakening your true inner vision. Discover how most vision problems may be the result of an unconscious decision to "close your eyes" to emotional discomfort or pain, and learn practical exercises designed to enable you to free yourself from the crutch of prescription lenses. Paperback 256pp **(LB400) $14.00** *Available Nov. 20, 1995*

Also by Jacob Liberman:

Light: Medicine of the Future



An inspirational book on the power of light to affect brain function and total health. It's engaging, readable and non-technical – yet it delivers a wealth of information on the science and history of light therapy, and it clinically documents the power of light and color to affect our emotions and physical health. Hardbound 253pp **(LB102) $16.95**

Audiotapes and Videotapes of Jacob Liberman

Dr. Liberman's recorded talks are passionate, inspiring and enlightening. Don't miss the opportunity to be touched by him directly.

NEW!

Video: The Art of Seeing, the Art of Being

Recorded live in Calgary, this is a spontaneous journey into the timeless essence of being present. Here are Jacob's most current and exquisite insights on seeing and being from our deepest levels. (75 minutes, VHS) **(LV120) $29.95**

Video: From Light to Enlightenment

Jacob shares the experience of healing his own vision and discusses how wellness cannot be divided from being itself. (114 minutes, VHS) **(LB301) $29.95**

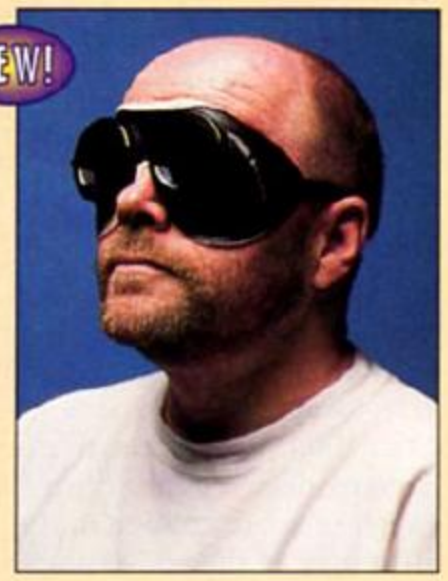
Audio: The Heart of Healing

NEW!

At an intimate gathering in Australia early in 1995, Jacob discusses how our relationship with life is at the heart of deep healing on all levels, and how healing our inner vision creates a shift in outer vision. (44-minute cassette) **(LB305) $11.95**

Aura Goggles

NEW!



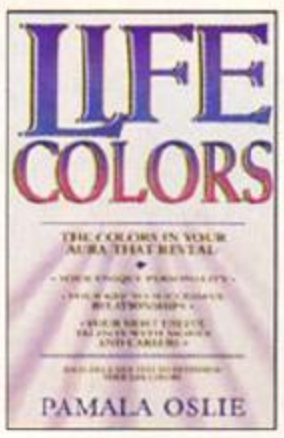
If you stare at a red spot and then gaze at a white page you will probably notice a faint green spot – the after-image of red. Aura goggles use this principle to help you disentrain rigid vision habits. Based on the work of Oscar Bagnall and Dr. Walter J. Kilner, this is probably one of the most reliable techniques for developing aura vision. Aura Goggles come with violet filters and easy-to-follow instructions. Dr. Kilner's research indicates that 95% of those who follow the instructions are able to see first-layer auras.

Aura Goggles (LO400) $69.95

Aura Research Kit includes Aura Goggles and six colored filters of various shades. It is suitable for full-scale exploration and the extension of aura vision from the fibrous inner aura to the outer "egg-shaped" aura.

Aura Research Kit (LO450) $159.95

See also: **Aura Imaging Products**, *p. 69*, and **Valerie Hunt**, *p. 4*



A guide to the meaning of aura colors

LifeColors

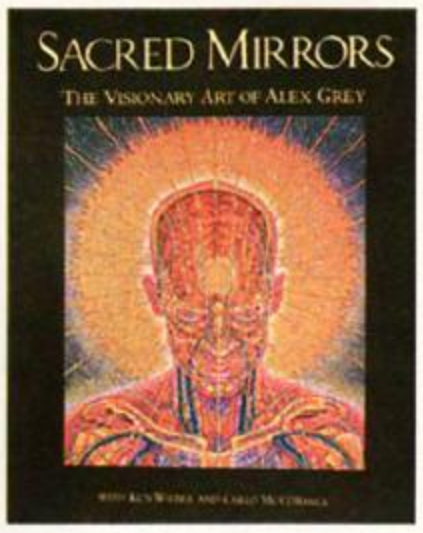
NEW!

by Pamala Oslie

The colors in the aura tell much about a person. Take an easy self-test to discover your colors and those of your friends or family. *LifeColors* gives complete descriptions of 14 aura colors and 10 combination colors. Learn how to see auras yourself. You can even bring new colors into your aura – learn how! Paperback 376pp **(BL402) $14.95**

Sacred Mirrors

The Visionary Art of Alex Grey



Gaze at 46 beautiful color plates of Grey's striking images, as anatomically detailed as medical illustrations. Grey's paintings help us see beyond the physical to depict unseen flows of subtle energy and conscious light. These images are "tools" for heightening awareness of non-physical dimensions of our body-mind. Large-format paperback 96pp **(NB113) $24.95**

Other books on color:

The Power of Color

by Dr. Morton Walker

A practical guidebook about colors and their effects, with in-depth explorations of each color and how it can be used. Whether you are interested in color therapy, the effects of the colors of your sunglasses, your clothes, or your bedroom wallpaper, this is the book with the practical information you want. Paperback 180pp **(LB202) $9.95**

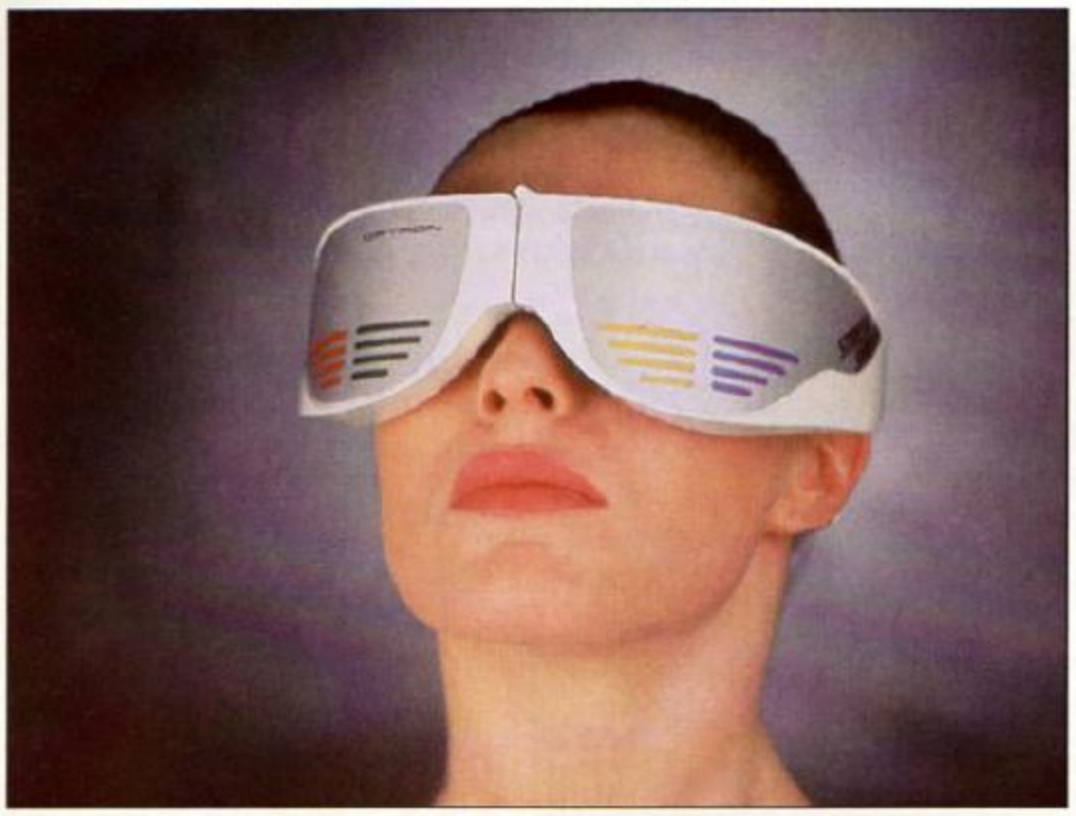
Let There Be Light

by Darius Dinshah

The original color therapy was Dinshah Ghadiali's Spectro-Chrome System. This book, by Dinshah's son, is the most complete book available on healing with color. It includes detailed information on how to make therapeutic use of specific Roscolene colored filters. Hardbound 160pp **(LB203) $16.95**

The Stress Shield™

Harness the power of a quality "ganzfeld"



Remember descriptions of the "snowblindness" experienced by Arctic explorers? After prolonged gazing into a featureless field of snowy white, these men found all color draining from their visual field, leaving them seemingly "without eyes." Back in the 1930s, this phenomenon was identified by a German scientist as the "ganzfeld" effect. Since then, research has shown the ganzfeld to be one of the most reliable techniques for entering meditative states of consciousness.

- **Red has been correlated with increasing energy, counteracting the blues and stimulating the senses.**
- **Yellow seems to enhance mental/ creative abilities.**
- **Green can be deeply relaxing, reducing anxiety and stress and supporting psychological balance.**

The Stress Shield combines the power of the ganzfeld with the mood-altering effects of color. High-quality goggles with adjustable soft eye- cups block outside light while they envelop each eye in a uniform field of color – red, yellow or green. Sealing out ambient light while supplying an undifferentiated field of color is a difficult task – at least three separate R&D teams have tried and failed. The Stress Shield represents a breakthrough in mind technology. Compact, lightweight and portable, this unique mind machine allows you to experience the full effects of the colored ganzfeld, at a very affordable price!

The Stress Shield runs on two AAA batteries (included). Comes with instruction booklet, stand, and a 90-day warranty.

The Stress Shield (LM102) $149.95

Special: For a limited time, we'll include the acclaimed 253-page book, *Light: Medicine of the Future* by Dr. Jacob Liberman – for only $10.00 extra.

The Stress Shield + Book (LM103) $159.95

NOW WITH COLORS!

A low-cost ganzfeld MindWaves™ Instant Meditation Goggles

The "ganzfeld" (German for "all-field") is an unobstructed, featureless field of light. In the 1930s researchers first observed that people gazing into a ganzfeld enter a profoundly altered state. At first attention turns inward, then color perception fades, and eventually your visual sense may disappear altogether. As visual changes kick in, you slip into a deeply relaxed, meditative state. The "ganzfeld" phenomenon is thoroughly researched and widely considered by scientists to be one of the most reliable techniques for entering into altered states. During the first 20 minutes, you "get into state"; during the next 20 minutes, you're "in state" (associated with sharply increased incidence of paranormal abilities as measured in experiments).

The best ganzfeld units are extremely pricey ($4,000!) and have absolutely perfect fields (no visible lines at all). The MindWaves Goggles look like a snorkel mask with a translucent white lens. Just relax and gaze in the direction of a light or window. Although you can see a few lines (and color differences) around the edges of these goggles, most users can get "into state" by tuning them out and gazing straight ahead. Not bad for less than $40!

MindWaves Goggles (LM131) $39.95

NEW!

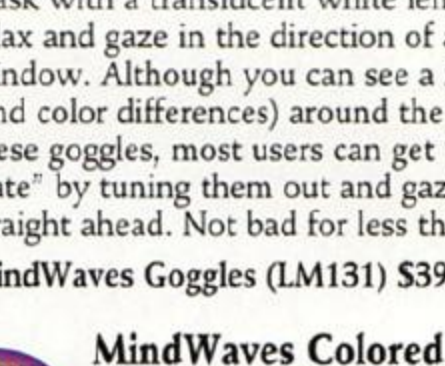
MindWaves Colored Lenses
Seven removable lenses corresponding to the chakras – Red, Orange, Yellow, Green, Blue, Indigo, Violet.
(LM132) $39.95

SAVE!

MindWaves with Colored Lenses
White plus seven colors. **(LM133) ~~$79.90~~ value, only $69.95**

Color Therapy Eyewear

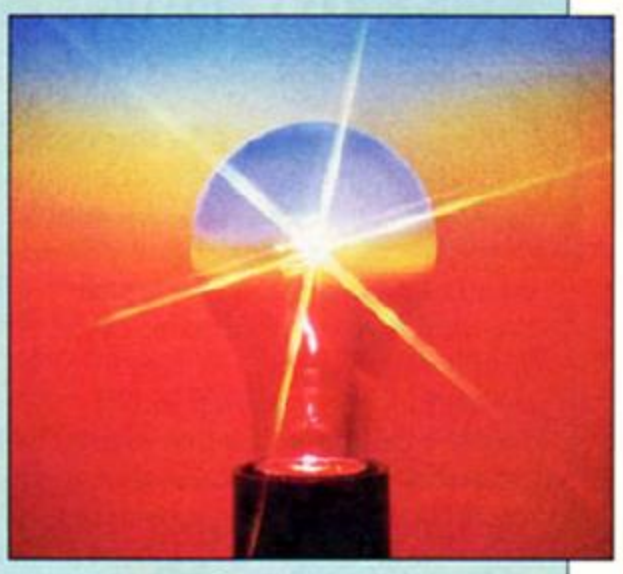
Color your world – and feel the difference



All the colors of the rainbow are waiting to help you enter another world. Just slip on a pair of these impact-resistant colored glasses and watch how fast things change. Wear them during normal activities and receive a dose of whatever color stimulation you desire. Or wear them as 21st-century fashion eyewear, while being mindful of how each color affects you. This affordable set includes seven pairs of glasses representing the full spectrum of color: Violet, Indigo, Blue, Green, Yellow, Orange and Red. The set also comes with fascinating information on the use of color throughout history.

Color Therapy Eyewear (LC001) $79.95
Clip-on Version (LC002) $79.95

Shakti Color Lights



Create an enchanting (and "en*light*ening") indoor environment! It's hard to do justice to these luminous vibrant colors. Eight years in development, these are the first and only pure spectrum lightbulbs to produce the true colors of the entire rainbow – and with all-natural pigments.

Great for massage, chromotherapy, meditation, or to create a unique and unforgettable ambience. Each of the colors (red, orange, gold, green, blue, indigo, violet) relates to one of the seven chakras.

The A Set: 7 bulbs, 1 each of the Shakti Colors, all type "A". May be used in lamps and most standard fixtures. 25 watts per bulb.
$5 extra for Additional Shipping & Handling. (LX205) $39.00

The R Set: 7 bulbs, 1 each of all the Shakti Colors. Use in track and accent fixtures. 30 watts per bulb.
$5 extra for Additional Shipping & Handling. (LX206) $49.00

Harmonic Triple-Color Bulbs (3 bulbs): The most unusual lights in the world, each with bands of three different colors, create instant mystical effects. Set includes "Shiva" (rose, turquoise & magenta), "Rama" (green, gold & purple) and "Krishna" (blue, yellow & red).
$5 extra for Additional Shipping & Handling. (LX207) $21.00

Infinity Lamp: Especially developed for Shakti Lights, this lamp with oak base employs a flat, circular screen to diffuse colored light for subtle effects in room lighting.
$5 extra for Additional Shipping & Handling. (LX208) $49.95

Note: The $5 extra S&H charge on these products applies only once to each order, regardless of size.

Ott® Total Spectrum Sunglasses

PRICE REDUCED!

Back in the early '70s, Dr. John Nash Ott suggested to the Cincinnati Reds that they change the underside of their visors from green to gray. They did and went on to win the pennant. Today almost all major league baseball teams wear gray visors.

Over 40 years of research have led Dr. Ott to the same conclusion that was reached in the Major Leagues: Certain wavelengths of light entering the eye can help us to function at peak performance levels.

The gray-tinted Ott Total Spectrum Sunglasses allow the full spectrum of natural sunlight to reach your eyes, while protecting them from harmful levels of ultraviolet light. In addition to allowing full use of the natural spectrum of light, Ott sunglasses may help prevent the muscle weakening that, according to Ott and other researchers, tinted sunglasses can produce. 10-year warranty.

Ott Total Spectrum Sunglasses (LS210) ~~$39.95~~ $29.95
Clip-on design (LS211) ~~$39.95~~ $29.95

The light you need feels wonderful

Our bodies have evolved to depend on the sun's rich full-spectrum light for a variety of physical functions. The quality, duration and intensity of light – entering through your eyes – greatly affect energy, mood, sleep/wake cycles and appetite. Indoors, especially in winter, try basking in these state-of-the-art light boxes to elevate mood, increase energy, and help with other light-deficiency maladies. We offer two great lights to help you feel good and perform at your best.

Winter Blues

NEW!

A guide to light therapy for Seasonal Affective Disorder (SAD) plus sleep disorders, jet lag, PMS and working night shifts. Paperback 325pp
(BW400) $14.95

Bright Solutions for Light-Deficiency Blues

The Winter Bright bioLIGHTSYSTEM

NEW!

At 10,000 lux, this system gives you *lots* of light – enough to meet NIMH brightness standards. What makes it special is that it's radiation-shielded three ways to make it truly safe for sitting at close range. 10,000 lux at 20". 85 CRI, 5000 Kelvin. Tubes last 22,000 hours. 2' x 1' x 3"; fully portable. UL listed.

Winter Bright bioLIGHTSYSTEM (LW400) $399.95

True Ott-Standard Full-Spectrum Light

The Energy bioLIGHTSYSTEM

This light is not quite as bright as the Winter Bright system above, but it provides your body and brain with truly balanced Ott-approved full-spectrum light, with UV supplementation and full radiation shielding. 2500 lux at 20". 90 CRI, 5900 Kelvin. Tubes last 10,000 hours (UV tube lasts 7500). 2' x 1' x 3"; fully portable. Ideal for use with a computer monitor. UL listed.

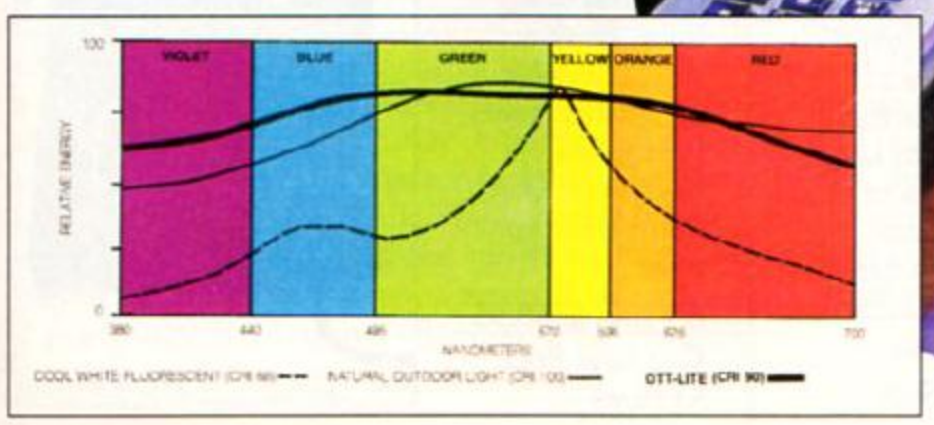
Energy bioLIGHTSYSTEM (LS201) $299.95

The Ott Task Lamp was designed specifically to provide color-balanced broad-spectrum light, while saving space and energy. Perfect for computer use, reading, writing and detail work. It uses 80 percent less energy than a 75-watt bulb but with superior illumination. Rated to last 10,000 hours. 800 lux. 83 CRI, 5000 Kelvin. 1-year warranty.
Ott Task Lamp (LS202) $69.95

The healing power of sunlight — indoors!

Back in the 1940s, a photographer named John Ott was taking some time-lapse photos of growing plants for Walt Disney studios. The plants were grown under artificial light, and Ott noticed that no matter how carefully watered and fertilized, some plants withered and died. Obviously, artificial light lacked some vital element. Inspired by the rainbow's full spectrum of light, Ott embarked on a series of studies and discoveries that earned him an honorary doctorate and universal recognition as "the father of full spectrum lighting."

Light is indisputably an essential nutrient. It is one of the most fundamental building blocks out of which all energy is formed. According to recent studies, Americans spend nearly 90% of their time under artificial light, which can deplete your mind and body of crucial resources. Full-spectrum lights can remedy this by duplicating high-quality natural light indoors. This advanced lighting provides sharp, consistent visibility and true colors that may brighten your mood, counteract eyestrain headaches and encourage a distinct feeling of well-being.



The Ergo Ott® Desk Lamp

This environmentally friendly lamp is designed to simulate daylight while reducing glare. And it uses 80% less energy than traditional lighting. It's also engineered to minimize the cathode radiation exposure that comes from fluorescent lights.

(LS205) $99.95

The Ott Light Bulb

State-of-the-art bulbs replace typical 75-watt light bulbs, improving light quality while using less than 23% of the energy and lasting up to 10 times longer (10,000 hours!). Flicker-free electronic ballast eliminates electromagnetic waves. Fits all standard medium base sockets. **(LS203) $39.95**

Neodymium True Spectrum Bulbs

Substitute for any normal household bulb (60 or 100 watt) and enjoy color-corrected full-spectrum light for true colors and better contrast. Suitable for plants or reptiles needing full-spectrum light. Average life 3500 hours.

60 watt (LC400) $7.95
100 watt (LC401) $7.95

VERILUX® Instant Sun® Full-Spectrum Lights

The best full-spectrum fluorescent tubes we've found. These reasonably priced lights are the preferred choice of museums, gemologists and greenhouse horticulturists. 40 watts. Tube length is 48".

2 tubes (LF001) $34.95
4 tubes (LF002) $53.95
6 tubes (LF003) $74.95
24 tubes (LF004) $259.95

The Ergo Ott Desk Lamp

The Best HEPA Filter We've Seen

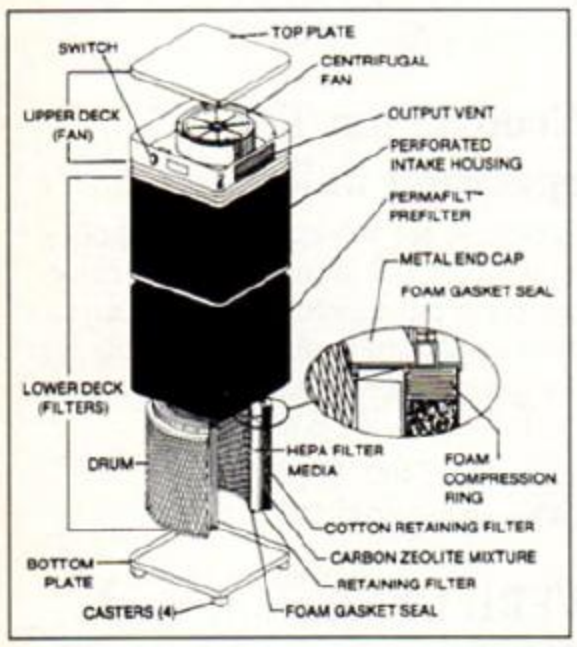
The Austin HealthMate™ Plus

Designed with the allergic or environmentally sensitive person in mind, the HealthMate Plus is a highly efficient, economical and long-lasting air cleaning system. This advanced air purifier uses a unique HEPA (High Efficiency Particulate Arresting) filter, originally developed by the U.S. Atomic Energy Commission to filter out dangerous radioactive particles.

Independent tests have proven that HEPA filtration is 5 times more effective than electronic or electrostatic air filters. This filter offers an impressive 99.97% filtering efficiency down to 0.3 microns. And to ensure the cleanest air possible, the HealthMate Plus has 15 pounds of chemical and odor absorbents, including charcoal and Zeolite. It boasts a powerful "Permanent Split Capacitor" motor that's extremely quiet and twice as energy-efficient as other models.

For added convenience, the HealthMate Plus draws air from all four sides, then sends the filtered air out one side. This allows easy placement within a room and helps prevent drafts. The unit resembles an attractive end table, and offers casters for easy mobility. Available in white or black. The HealthMate Plus measures 23.5" x 14.5" x 14.5", and weighs 42 lbs. Cleans indoor areas from 150 to 1,500 square feet. 5-year warranty. *($20.00 extra for shipping.)*

The Austin HealthMate Plus (PP305) $495.00



What's right for you?

Ions for feeling your best

Elanra: The "Mercedes" of ionizers: sleep near it for the most powerful, profound negative ion benefits.

N-3 Car Ionizer: Fits in your car's lighter where you'll breathe its ions.

The Screen ELF *(p. 64)*: Sits atop your computer monitor facing you, spraying a gentle negative ion barrier.

Ions for clean air and feeling good

Plasma Pure: Gentle, lasting, nontoxic whole-room ionization.

FMC 330 or 440: Whole-house ozone, ions, *and* charcoal filtration.

Ozone for clean air

Panda: Top quality and variable strength ozone: great for fast results and appropriate for continuous use.

PlasmaTron: Gentle, top quality ozone plus some ions: great for continuous use in small areas.

FMC 330 or 440: Whole-house ozone, ions, *and* charcoal filtration.

FMC XR2: Inexpensive unit for fast odor control.

HEPA Filter for clean air

Austin HealthMate: Superb HEPA filtration removes virtually all dust and allergens.

FMC Air Purifiers

BACK BY POPULAR DEMAND!

Return the air in your home or office to a state of maximum "energy health" with the FMC air purifiers. They are authentic whole-house ionizers that add oxygen (including tiny amounts of super-activated ozone) to the air. FMC units are often recommended by doctors for ionization, pollen and dust control, but they're also effective against odors, bacteria, formaldehyde and smoke.

The FMC 330 and 440 both utilize three separate processes: (1) An electron pulsator system emits millions of free electrons. (2) The FMC units pump out activated oxygen molecules (including ozone), which oxidize and destroy odor-causing contaminants so they can't return. This also neutralizes harmful gases like carbon monoxide and formaldehyde. (3) A long-lasting triple filtration system, involving activated charcoal, controls small airborne particles and gases.

All units run on 120V power. Whisper-quiet fan. Hand-rubbed walnut cabinets. 1-year warranty.

The FMC XR2: No filters or ions, just a variable supply of ozone. Suitable for intensive use to kill stubborn odors in cars, boats, basements or anywhere. 11" x 6" x 6". Beige ABS plastic case.

(FM102) $229.00

The FMC 330: Treats up to 1,500 sq. ft. 13" x 9" x 11".

(FM331) $595.00

The FMC 440: Treats up to 3,000 sq. ft. 22" x 22" x 12".

(FM441) $995.00

Ozone for Clean Air

Since the beginning of time, ozone has naturally cleaned the air around us. Ozone works by first attacking odor-causing molecules in the air, then killing mold, mildew, bacteria and other pollutants such as formaldehyde, carbon monoxide and trichlorethylene.

In nature, negative ions are found together with ozone. Forced-air systems reduce both of these components by as much as 90%, resulting in headaches, weakness and malaise. Researchers have found that .015ppb ozone can restore an overall feeling of well-being and can also improve many objective stress measures.

The Premier Indoor Ozonator

The Panda Air Purifier

Just two hours after installing the Panda Air Purifier the air will be clean in a typical 1,000-square-foot area. Unlike many other ozonators, the Panda is able to generate ozone without producing harmful nitrogen byproducts. All that remains is clean, fresh air. The Panda can be operated 24 hours a day for about $2 per month. Safe, energy-efficient and completely portable, the Panda Air Purifier is a powerful way to transform the air in your home, office or boat. The Panda measures 11.2" x 5.75" x 9.5", and weighs 7.5 lbs.

The Panda Air Purifier (PP301) ~~$449.95~~ $399.95

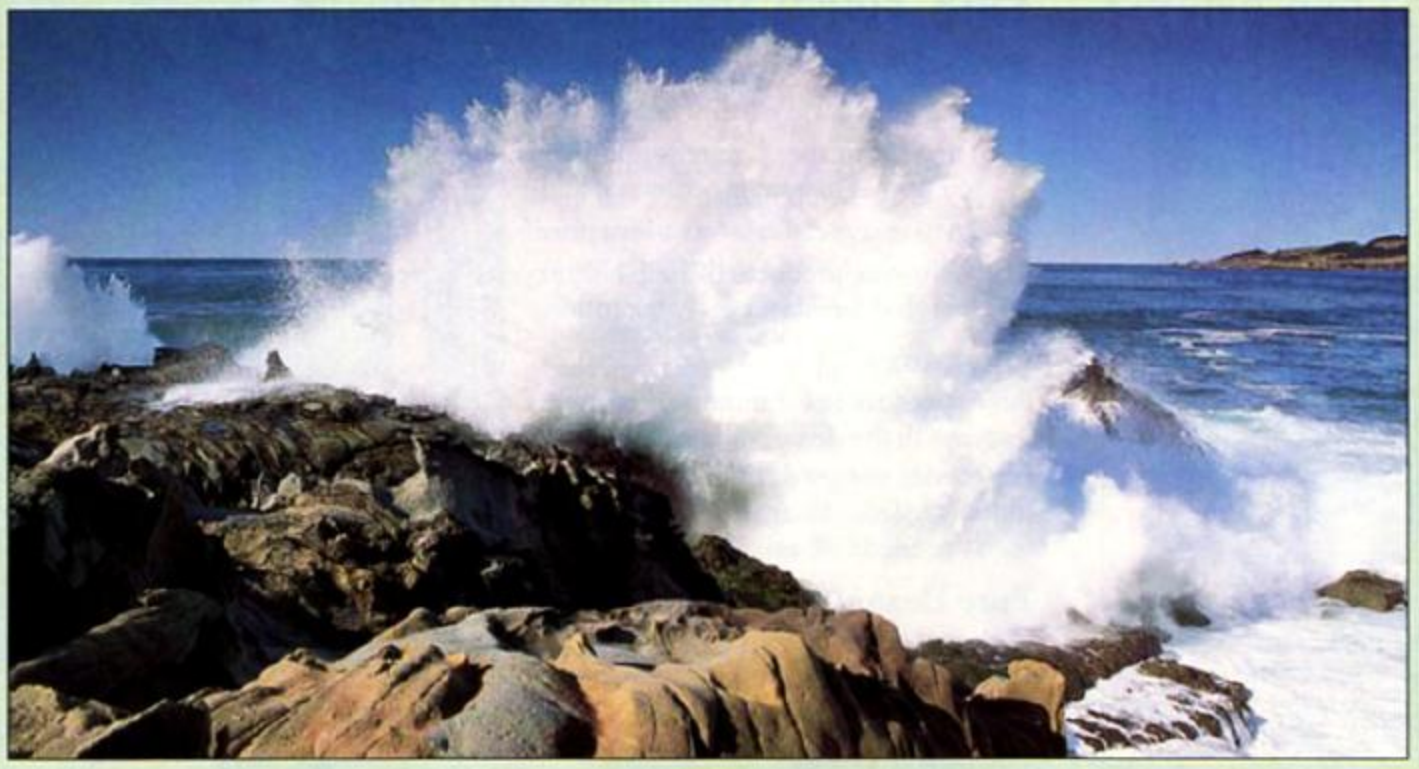
The world's first personal desktop ozone machine

The Zenion Plasma-Tron™

The Plasma-Tron™ mounts permanently on the ceiling or wall and operates continuously, 24 hours per day, emitting a safe and steady stream of charged triatomic allotropes (O3-), which oxidize odors and airborne contaminants. It silently circulates air at approximately 400 feet per minute *without* a fan, motor or mechanical noise. It produces less than 50ppb ozone, well within government limits and suitable for 24-hour-a-day operation.

Mold, mildew and bad odors will disappear within the first couple of days, and you'll begin to perceive a faint "fresh air" smell. Suitable for offices, boats, basements or bathrooms. Each unit purifies one room.

(PP104) ~~$159.95~~
Our Low Price $129.95



Ionizers – A New Generation

Certain places in nature seem almost magical. You feel wonderful when you're on a beach with crashing surf, next to a rushing waterfall, or high in the mountains. There is one simple reason. The air in these places is *supercharged* with negative ions. These naturally occurring atomic particles have been demonstrated to help produce a number of beneficial effects in human beings, including increased energy, enhanced ability to handle stress, keener awareness, greater dream recall and an overall sense of tranquillity.

Not Just Another Ionizer

If you've tried ionizers in the past, you may have immediately experienced the refreshing benefits of negative ions – but, as time went by, they seemed to fade. In a few months, your ionizer was gathering dust in a closet. Now, thanks to great strides in ionizer technology, we're able to offer you a whole new generation of ionizers.

The Elanra® Mark II NEW!

Ions Your Body Can Use

Our top-of-the-line ionizer, the **Elanra**, is the first and only ionizer to deliver to you the complete, refreshing benefits of negative ions. A genuine breakthrough in ionizer technology, the Elanra is the world's first ionizer to consistently produce small negative ions, the only kind actually absorbed by the human body. The effects of small negative ions are so powerful that, in addition to the good things associated with conventional ionizers, many users even experience an initial sense of detoxification. Sophisticated microprocessor technology actually monitors the characteristics of these ions and insures their uniformity. The Elanra also offers replaceable state-of-the-art emitter tips, made from a new titanium alloy that allows them to last up to 100 times longer than conventional tips. An indicator light goes on to let you know when the tips need replacing. The best way to use the Elanra is to place it near your bedside, so you can reap the benefits of small negative ions while you enjoy a deep, restful sleep. The Mark II arrives programmed for maximum energy; the factory can help you change settings to offer more gradual changes or to emphasize other negative ion benefits. The Mark II offers significant improvements over the Mark I: more overall power, plus four frequency settings: 7.83 Hz, 10 Hz, 25 Hz, and 40 Hz. If you're looking for the finest ionizer currently available anywhere, the Elanra Mark II is what you want. 2-year warranty. Measures 4.3" x 5.4" x 2.9".

Elanra Mark II (PP201) $549.95

Dr. Bob Beck knows ionizers. The designer of the Brain Tuner and also several ionizers, including the widely marketed "Miracle Fuzz" ionizer of the late 1970s, he also owns a personal "museum" of 20 or so ionizers. He owns two Elanra units, and keeps one by his bed. After first measuring Elanra's output, he was ***"frankly amazed at the efficiency and performance of the Elanra...I had fully expected another marginal or useless device...(the) power supply and emitter needle technology is more sophisticated by quantum leaps... I can highly recommend the Elanra as an exceptionally effective state-of-the-art ionizer."***

The Plasma Pure

A Fountain of Negative Ions

The **Plasma Pure** ionizer offers the first true whole-room ionization. Patented cold-plasma ionization technology creates an invisible fountain of negative ions which shoot upward and then circulate throughout the room. Conventional ionizers can create an intense disturbance within a room. As you move in and out of the ionized field, you may even experience ill effects due to the uneven distribution. With the Plasma Pure ionizer, the whole room is gently and evenly ionized for maximum comfort and effectiveness. This compact, affordably priced machine is also a powerful multi-purpose air cleaner. And, unlike some other ionizers, it won't interfere with electrical equipment like computers or car phones. Measures 5.2" x 3.5" x 2.5". Treats a 150 square foot area. Use at home with AC adapter (included), or transform your car's atmosphere by using the lighter adapter plug (also included).

Plasma Pure 300 (110V AC) (PP103) $129.95

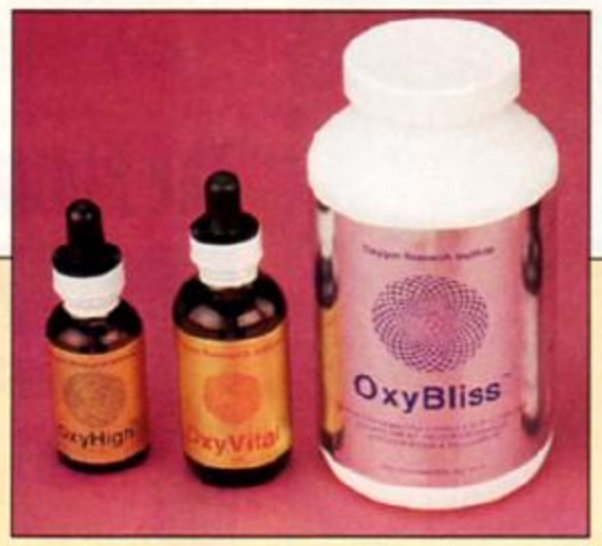
Car Ionizer

The attractive, affordable N-3 Ionizer will help refresh you with needed electrons while it cleans the air you breathe and vanishes odors. Swap it for your car's cigarette lighter; just push it in all the way to turn it on; pull it out slightly to turn it off.

Positively ionized air has been stripped of electrons; negatively ionized air is electron-enriched. Most of us (70% in some studies) feel noticeable symptoms when breathing positively charged air. In our cars, we frequently breathe polluted air. Even in the country, we often breathe air stripped of electrons once it is blown through the air conditioner, heater or vents. It's a situation worth changing, and this tool does the trick. Black and Chrome. Fits almost any car. 90-day warranty.

N-3 Car Ionizer (PP400) $39.95

Get High on Oxygen!



OxyHigh™

A super-oxygenated mind food in a high-quality oil base. Contains Organic Flax Seed Oil (Omega 3, 6 and 9), Lecithin, Olive Oil, Colloidal Silicates, Activated Oxygen and Homeopathic Cell Salts. 1 oz. bottle lasts about 45 days. **(FZ101) $35.00**

OxyVital™

A super-oxygenated, top-quality skin and body oil. Contains Olive Oil, Activated Oxygen, Vitamin E, Vitamin A and Organic Flax Seed Oil. 2 oz. bottle lasts up to 3-6 months. **(FZ102) $50.00**

OxyBliss™

A super-oxygenated colon cleanser and detoxifier. This mineral supplement contains 130 grams of organic magnesium, calcium, 66 trace minerals, and 12 cell salts with an oxygen carrier. 260 capsules – up to 30-90 days' worth. **(FZ103) $60.00**

Pure, Potent Sublinguals

We chose the following products for three reasons:

1) We like what we feel when we use them;
2) They're advanced, pure formulations of nutrients key to optimal mental functioning; and
3) They're a great value at a low price.

The following products contain Nutrazyme,™ a green pea enzyme that facilitates oral absorption.

Oxy Moxy™

An oxygen tonic for mind and muscle. Contains an enzyme that helps your lungs exhale CO_2 and other pollutants and absorb oxygen for greater energy during exercise, and a better defense against smog and high altitudes. Take 10 drops sublingually twice a day (or as needed). 70 ml. (2.3 oz.) **(FV202) $19.95**

Pure Deanol™

Pure oral drops of the pro-vitamin precursor of Acetylcholine, for a boost you can feel. Newly affordable. Take up to 20 drops a day sublingually. 70 ml. (2.3 oz.) **(FV203) $29.95**

"Colloidal Silver is the best all-around germ fighter we have."
– Dr. Harry Margraf

Colloidal Silver NEW!

All-natural colloidal silver kills bacteria, fungi and viruses without disturbing the normal functions of the body. Not one of over 650 disease-causing organisms has ever developed a "silver-resistant" strain. It's tasteless and odorless, suitable for oral sublingual dosages to help strengthen the body's natural defenses, or it can be used topically. 2.3 oz. **(FV210) $24.95**

Alumin/out™ NEW!

Aluminum deposits in the brain and tissues have been associated with many degenerative diseases. Recent studies have indicated that citric acid, malic acid and magnesium, acting together, may be potent detoxifiers of aluminum. These nutrients are combined in Alumin/out. 2.3 oz. 30-day supply. **(FV211) $29.95**

Genesis 1000

- **Water purifier and oxygenator**
- **Safe for children**

Back by popular demand. The best oxygenator of its kind! Genesis 1000 is a concentrated, non-toxic alternative to hydrogen peroxide. It consists of sodium chlorites and various electrolytes in a stable alkaline aqueous solution. Once ingested, Genesis 1000's oxygen is released into the plasma and delivered safely to the cells. Half an hour after each meal, put 10-15 drops in an empty glass, add pure water, and drink. Genesis 1000 can be combined with other dietary supplements (frequently boosting their effectiveness).

2.5 oz. bottle. *Always dilute.* **(FZ171) $17.95**

Make Your Own Colloidal Silver: The CS-300

Colloidal Silver is broadly acknowledged as a nearly universal bactericide and virucide. Used for years, it's just now being rediscovered and popularized. In health food stores, 2 ounces of Colloidal Silver in a concentration of 3 ppm (with added chemical stabilizers) sells for $25–$30. With the CS-300 you can make 8 ounces of fresh, pure Colloidal Silver at the concentration you desire – in as little as a few seconds and at an insignificant cost. A fresh set of batteries (included) makes over 100 gallons of Colloidal Silver. Comes complete with instruction booklet and removable silver electrodes. 1-year warranty. **(PE605) $99.95** NEW!

Smart Drugs II: The Next Generation
New Drugs and Nutrients to Improve Your Memory and Increase Your Intelligence

By Ward Dean, M.D., John Morgentahler, and Steven Wm. Fowkes

A practical guide with up-to-date information on newly researched, test-proven pharmaceuticals and nutrients, including users' personal accounts and an extensive Q & A section. Includes current information on legal overseas sources. Paperback 287pp **(NB108) $14.95**

Megabrain™ Nutrients by Michael Hutchison

- Only pure & natural ingredients
- Hypoallergenic, yeast-free, and dairy-free
- Vegetable-based, free of artificial additives
- Freshly made, cold-processed, without preservatives
- Form, balance & potency designed for optimal uptake

Megabrain Optimal State

Extremely high quality, very complete, freshly manufactured, high-potency multiple vitamin/mineral formula including antioxidants. Contains 34 nutrients. 3-6 per day. 180 tabs. **(FV101) $24.00**

Megabrain Ultra Anti-Oxidant

Complete, balanced defense against harmful free-radicals (oxidative stress) with a wide variety of vitamins and synergistic co-factors, including many absent from other antioxidant formulas. 1-2 per day. 50 caps. **(FV102) $20.00**

Megabrain Ginkgo Biloba

40 mg. of the freshest, highest quality Ginkgo standardized extract available with a minimum of 24% total ginkgoflavonglycosides and 6% total terpenes. Enhances mental functioning. 1-2 per day. 90 caps. (40 mg.) **(FV104) $22.00**

Mega Brain Power DMG

100% pure DMG for maximum assimilation to boost immunity and endurance. Dissolve two or three tablets under your tongue for a surge of mental and physical energy and performance. 60 individually wrapped foil tablets of 125 mg. **(FV103) $16.00**

Megabrain CoQ-10

A daily dose of energizing, powerful, high-purity CoQ-10, naturally synergistic with vitamin C. 60 caps (25 mg. with 250 mg. vitamin C). **(FV105) $19.00**

Megabrain Glutathione

The powerful antioxidant amino acid that aids natural detoxification. 1-2 per day. 60 caps. (50 mg.) **(FV106) $20.00**

Megabrain N-A-C

High-quality N-Acetyl L-Cysteine is the amino acid precursor to glutathione. 1-2 per day. 60 caps. (250mg.) **(FV107) $14.00**

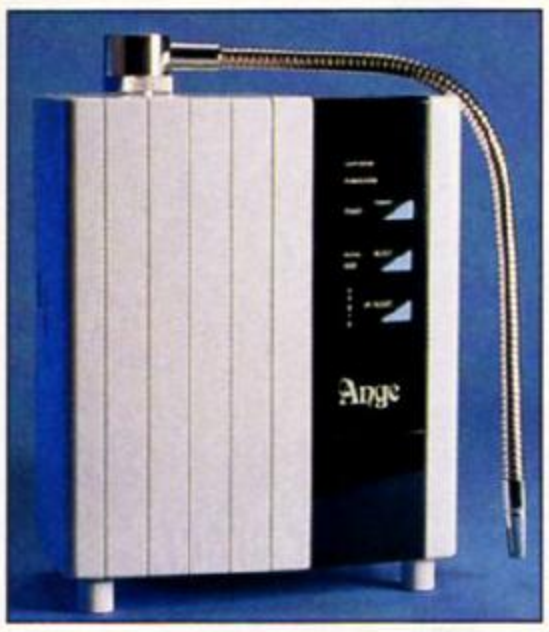
Megabrain Choline

500 mg. of Choline Bitartrate, our fundamental brain food, the raw material from which we synthesize the key neurotransmitter Acetyl-choline. 3-6 per day. 100 caps. **(FV112) $9.00**

Megabrain Pure Phenylalanine

Low allergenicity mixture of equal parts of the D and L forms of the energy-boosting amino acid Phenylalinine – the ingredient that powers many "smart pill" formulations. 500 mg. 1-2 per use. 90 caps. **(FV111) $19.00**

Beyond Purity: Microwater



Once it's purified through a 0.5 micron filter, Microwater goes through a patented process. The size of the molecular clusters is reduced by half to help deliver nutrients more effectively and remove wastes more efficiently. The water is also charged with negative ions, giving it antioxidant properties to help in flushing toxins from the body. This combination of reduced molecular water clusters and high negative ions makes Microwater unique.

Simply plug in the countertop unit and attach it to your faucet. Enjoy up to one gallon of Microwater per minute.

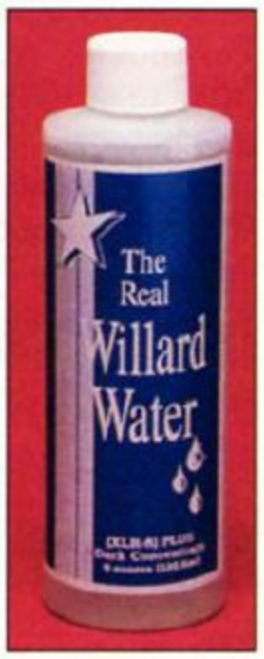
♥ **Microwater System (PP350) $1,495.00**

Microwater Video Documentary

Produced by a major Japanese TV network and translated into English, it offers a wealth of information about many aspects of Microwater. (30 minutes, VHS) **(PP360) $5.00**

Truly different! Halfway through drinking my first glass, I stopped in amazement. This was obviously the brightest, lightest, smoothest water I'd ever tasted. My body loved it. Plus it's officially approved by the Japanese Ministry of Health. We drink it at home every day. Highly recommended. – TP

The Real Willard Water



Over the past 30 years, Dr. John Wesley Willard's catalyst-altered "wonder water" has won an enormous international following. People ranging from ranchers and farmers to doctors and lawyers attribute tremendous powers to it. They drink it (a cupful or a gallon a day), feed it to livestock, and spray it on gardens and crops. It's credited with reducing stress in living systems, boosting an organism's assimilation of nutrients, breaking down waste materials and toxins, reducing swelling, plus various antioxidant and free radical scavenger properties. Farmers have credited this water to the growing of 32-pound squashes, successful soybean crops with half the usual pesticides, and calmer, plumper cattle. In 1980, it was the subject of one of the most positive *60 Minutes* features of all time.

You get a concentrate brewed from lignite coal that, mixed in the ratio of one ounce to a gallon of water, creates "real" Willard Water, a "wetter" water suitable for drinking, using topically, or whatever. (Willard Water's popularity has spawned inferior counterfeits; we offer Dr. Willard's own.)

Clear Willard Water. Dilute 1 ounce to 1 gallon of water. 8-oz. bottle – enough for 2 months of regular use. **(WW100) $20.95**

Dark Willard Water. Dr. Willard drank this, the "ultimate" Willard product. When diluted, its trace minerals from prehistoric vegetation make it look like pale iced tea. 1 ounce makes 1 gallon. 8-oz. bottle. **(WW101) $20.95**

Aqua Vitae. The definitive book on Willard Water by Roy Jacobson. Paperback. **(WW102) $10.95**

High-Energy Colloidal Water

Flanagan Microcluster®

Crystal Energy® is the first product to incorporate Flanagan Microclusters®. When these super-concentrated electro-catalytic minerals are added to drinking water, the structure of water is altered and activated: surface tension is reduced, making water wetter. This restructured water closely resembles the watery fluid found in living fruits and vegetables.

Uses for Crystal Energy

Crystal Energy can be used in drinking water and other beverages, especially coffee and tea. It can be used on cut flowers to maintain freshness; to rinse vegetables and fruits; to cut cooking time of many foods; to mist houseplants; to catalyze bath or spa water; to wet toothbrushes or mouthwashes; to super-wet shampoo or other hair care products. It can also be used to prevent nicks while shaving.

A 1.25-ounce dropper bottle treats 7+ gallons of water. Use one drop per ounce.

Crystal Energy (CE103) $15.00

Ceramic and Charcoal Filtration

Doulton® Filters for a Clean Water Revival

This exceptionally effective and affordable filter from Doulton of England attaches easily to your faucet, or it installs under the sink with a separate spigot.

The Doulton Water Filter is clearly superior to the multi-level carbon block filters you may have seen. At the first stage of filtration, the ceramic cartridge is an impassable physical barrier, trapping 99.99% of parasites, bacteria, rust and dirt. During the second stage of filtration, high-density matrix carbon significantly reduces chlorine, chemicals and pesticides. At the third stage, a heavy metal-removing medium eliminates lead, leaving you with the cleanest water possible.

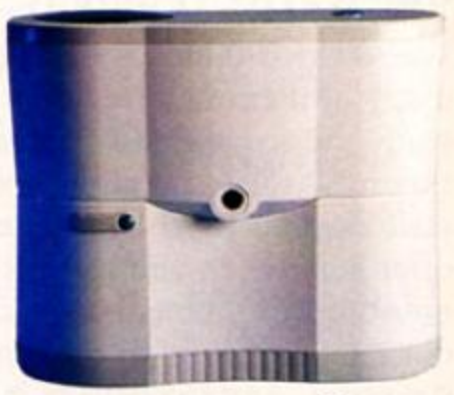
The Doulton filter has been shown to be effective up to a maximum of 1,200 gallons of water. It only needs to be changed about once a year, and between filter changes the ceramic cartridge easily removes for cleaning. The Doulton Water Care Filter comes with a 1-year manufacturer's warranty.

Doulton Countertop Water Care Filter (PP310) $224.95

Doulton Under-Counter Water Care Filter (PP311) $224.95

Reverse Osmosis

Fred Van Liew's Essential Water and Air



Countertop

Under-Counter

For years Fred Van Liew has been known as THE expert source for accurate information on all forms of water treatment as they relate to health. His drinking water systems shown below use a four-stage process including a sediment prefilter, an activated carbon medium, a TFC reverse osmosis membrane, and finally a compressed-matrix carbon block.

The core of the system is reverse osmosis, a technology often compared to distillation for the purity of the water that results. This advanced system breaks new ground in reverse-osmosis because it is wonderfully compact, simple and easy to install and maintain. It removes fluoride, arsenic, aluminum, salts, sulfates, phosphates, lead, dissolved solids, chemicals, bacteria and viruses that other filters often don't touch! All models arrive factory-sanitized and ready to install.

Countertop Reverse Osmosis Purifier

This attractive countertop unit installs in minutes, filters 14-20 gallons per day and stores 2 gallons for your convenience. Approximately $87/year maintenance.

(PP320) List Price ~~$499.00~~ TFE Special Low Price $419.95

Under-Counter Reverse Osmosis Purifier

Compact, fully hidden, and installs in less than an hour. It filters 14-20 gallons per day and stores 2 gallons. Maintain just once per year at a cost less than $87.

(PP321) List Price ~~$799.00~~ TFE Special Low Price $679.95

Long-Lasting Shower Filter

Eliminate chlorine and chlorine byproducts that may aggravate itching, dry skin or blemishes. Uses spun-wool KDF, GAC & Porex® sediment filter. Unlike many other shower filters on the market, it remains fully effective over time. Backed by an unconditional 6-month satisfaction guarantee plus a 3-year performance warranty.

(PP323) List Price ~~$159.00~~ TFE Special Low Price $119.95

♥ Denotes a TFE Favorite

We exist to serve your journey.

Why we chose these products.

We offer the best new tools we can find for helping to reconnect people with their bodies, their feelings, their souls, and the conscious source of their existence. We have chosen over 1,000 leading-edge products from more than 150 sources – products that, in our opinion, provide remarkable (and often measurable) benefits, and are gaining increasingly broader acceptance. We offer the only comprehensive selection of these innovative products, and we offer them at the lowest prices.

Our service is unique.

We research these products (we use many of them with regularity) and we study the science and rationale behind them. All sales and customer service staff are trained, so we can usually offer help when you call with questions or problems. We care about our relationship with each individual we serve. And we believe in what we sell. By bringing these commitments together, we provide a kind of service that was not available anywhere until our company came into being.

Easy Ordering

Call 1-800-456-9887
to place an order with Visa or MasterCard.

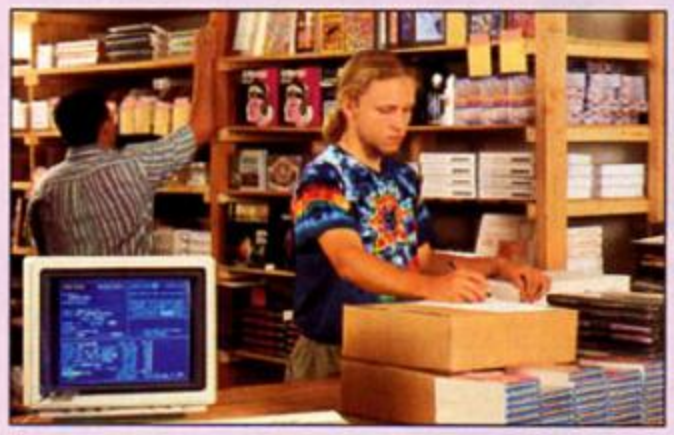
24-hour ordering via our voicemail system.
Or order in person – we're here **9 a.m. – 5 p.m. Monday – Friday (Pacific Time).**

Answers to your questions: **1-415-499-9050**

Fax your order any time: **1-415-499-9047**

Or **Mail** your order (see order form in center of catalog) with check or money order to:

Tools For Exploration
4460 Redwood Highway, Suite 2
San Rafael, CA 94903



How we process your order.

Our warehouse receives orders for shipment within one day. In-stock orders are usually shipped in 2-3 days. Other orders usually ship within a week. Our packages are usually delivered within 3 days. If you live in the continental United States, you can expect to receive your order within 3 weeks, and usually it will take just 1 week. Rush service is also available. For information about rush orders and international shipments please see the order form in the center of this catalog.

Occasionally we experience a shipment delay from one of our more than 150 suppliers. When such delays occur, we will let you know.

However, if you haven't received your order after 3 weeks and we haven't contacted you, please call.

Inquiries and Returns.

If you call with a question or special situation, we can usually help you right away – but during busy times, we may need to call you back (always within a day or two). And if a mistake occurs, we'll make it right as quickly as possible.

If you want to return an item, please read our Satisfaction Guarantee (below) and Returns instructions (see order form). Call us for a returned goods authorization number before sending anything back to us. Returns are processed within 10 days of receipt, and refunds are credited or mailed within 30 days of processing.

We guarantee price. And satisfaction.

Low-Price Guarantee: If you see any product you buy from us advertised at a lower price within 30 days of your purchase, send us the ad with your invoice. We'll refund you the difference!

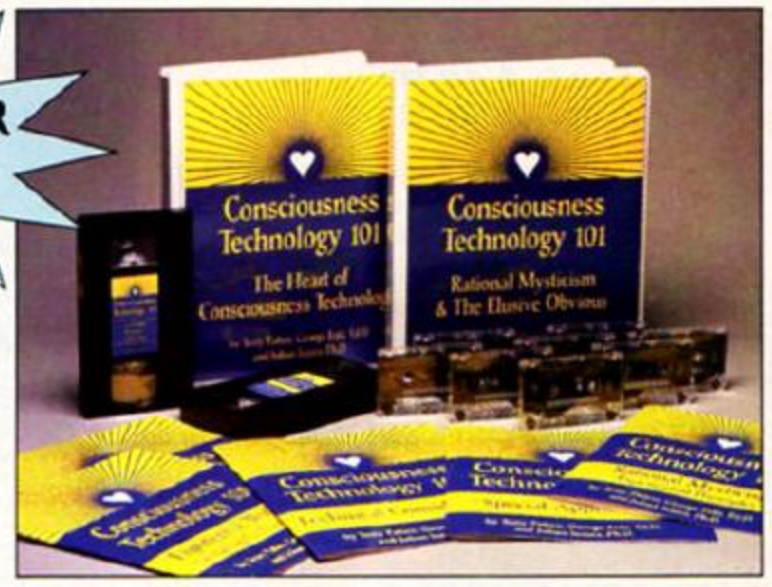
Satisfaction Guarantee: If for any reason you are not satisfied with a purchase, return it in like-new condition within 45 days. We will refund your purchase price (minus a 15% processing charge) or apply a full credit towards another purchase. Books, audio and video tapes, CDs, computer software, foods, custom, professional and special order products are not returnable unless defective or unless noted. Return any defective merchandise for a prompt replacement.

ANNOUNCING!

An Integrated Course of Study

Consciousness Technology 101

PRE-ORDER NOW & SAVE



Two Key Questions

Our customers, as well as those who are merely curious, have often asked us to educate them about mind machines and other new consciousness technologies. **The questions most often asked are these:**

1) How can I use mind machines to **expand my awareness** and **make real progress on my path of personal and spiritual growth?**

2) Please provide me with detailed practical instructions for **using the most powerful new technologies for maximizing my intelligence, intuition, creativity, and ability to succeed.**

Consciousness Technology 101 was conceived to offer **specific, practical answers** to these two questions – answers that can help you tap into a technology that can **profoundly change your life.**

The Study Course

The Consciousness Technology 101 course consists of a full two-video seminar, eight audiocassettes consisting of 16 programs of awareness exercises and guided mystical imagery, and five information-packed books – each described in detail below.

① Two-Videotape Seminar

In the first video, three renowned consciousness technology explorers and teachers – Terry Patten, Dr. Julian Isaacs and Dr. George Fritz – explain the rationale for the experiential portion of the course, and Dr. Fritz introduces you to the paradoxical, profound process of "contacting the elusive obvious."

The second video shows examples of a wide range of actual consciousness technologies *in use,* including practical tips from the experts about how to use them for maximum benefits.

Dr. Isaacs concludes with an illustrated lecture on the various forms of EEG biofeedback, and shows the profound ways each can enhance peak performance.

② Experiential Album with Eight Audiocassettes

These tapes combine verbal guidance with integrated original music designed to heighten the effectiveness of the user's experience.

The audiocassettes and accompanying workbook *(described separately)* are based on **Dr. George Fritz's extensive professional experience doing awareness training.** He has honed his methods through **more than 7,000 hours directly supervising clients' use of consciousness technologies,** ranging from brainwave biofeedback to flotation tanks, from biocircuits to sophisticated vibrotactile "sound tables."

Programs 1–8: "Contacting the Elusive Obvious" *(Cassettes 1–4)*

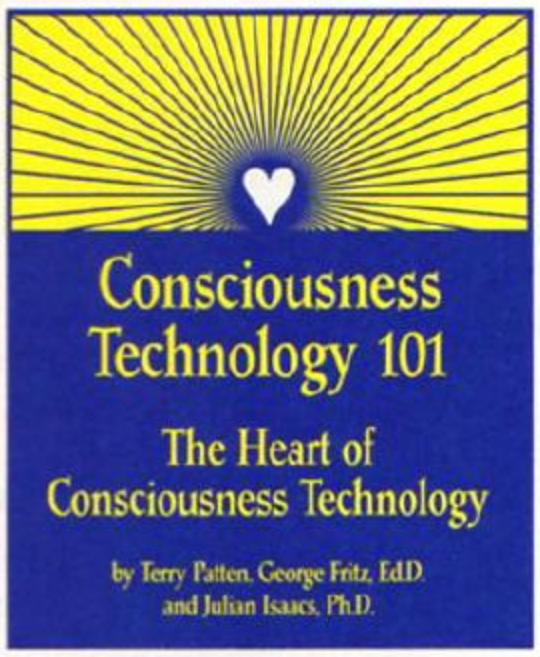
Dr. Fritz guides you, step by step, through his proven therapeutic awareness exercises into contact with "the elusive obvious," helping you not only to make this profound shift in your attention, but (if you stick with it) to be able to return to it regularly in the midst of your daily life.

Programs 9–16: "Rational Mysticism" *(Cassettes 5–8)*

These tapes verbally guide you through experiential imagery into highly positive subjective states – states that are rare, yet "ordinary" in that they correspond with our real situation in life. These exercises can eventually develop into "mystical" experiences of union, bliss and ecstasy.

③ 5 Information-Packed References

The following books present a wealth of information and hands-on materials that perfectly complement the video- and audiotapes.



- ***Introduction and Overview: Rational Mysticism and the Elusive Obvious***

Sections include: How to use this course. Introductory essay – *The Heart of Consciousness Technology. Rational Mysticism. Contacting the Elusive Obvious. Theoretical Perspectives. An Overview of Consciousness Technology.*

- ***Experiential Workbook: Contacting the Elusive Obvious***

For use with audiocassette Programs 1-8, *Contacting the Elusive Obvious.* Dr. George Fritz leads you through a therapeutic process of shifting awareness – and helping you to *maintain* your new orientation.

- ***Rational Mysticism: Experiential Principles***

Our body-mind contains the latent possibility of optimal functioning – it is *natural* to us. In its ultimate extensions, our natural state is ecstatic, illumined, "mystical" in nature, yet it is in no way irrational. "Rational Mysticism" offers sane principles of **supernormal human awareness,** which provide a clear road-map to higher consciousness, bliss and ecstasy, without adherence to any specific belief system.

After setting forth the principles of Rational Mysticism, this book guides your use of the last four accompanying audiocassettes (Programs 9-16).

- ***Technical Considerations***

A wealth of detailed, specific technical information about light and sound machines, psychoacoustics, CES, EEG, and other technologies. Includes discussions of light/sound programming, frequency-specific effects, window frequencies, habituation, technological synergies, sensory resonance, and other concepts.

Also discussed: strategies for producing the general shifts of attention toward modes of relaxation, meditation, improving learning capacity, study for tests, and developing "attentional flexibility." A bonus section: "Rides We Love" – favorite "recipes" for combining technologies to produce empowering or fun experiences.

- ***Special Applications***

This volume provides detailed information on strategies of employing consciousness technologies to achieve particular outcomes. It shows (in separate sections) how you can use mind technologies to help you achieve various goals: relieve anxiety or depression, improve sleep, manage pain, enhance learning, improve athletic performance, meditate, lose weight, attract prosperity, enhance sexuality – and more!

What you get:

A comprehensive, integrated, experiential course of study, including:

- **2 informative original videos**
- **8 original experiential audiocassettes**
- **5 books packed with unique, valuable information**

(TO400) A super value at $169.95

Order Now and Save $30!

Consciousness Technology 101

Pre-Orders (TO401P)

(received before Dec. 31, 1995)

~~$169.95~~ ONLY $139.95!

Product available Jan. 30, 1996

THE AUTHORS

Terry Patten – noted author, lecturer and workshop leader on consciousness technologies and subtle energies; co-founder and president of **Tools For Exploration;** co-founder and contributing editor of ***Megabrain Report.***

George Fritz, Ed.D. – noted psychologist, biofeedback clinician, pain management specialist and innovator; author, ***The Open Focus Handbook;*** creator of **Therapeutic Awareness Training.**

Julian Isaacs, Ph.D. – internationally renowned conscious technology researcher; adjunct faculty, **The Saybrook Institute** and **John F. Kennedy University;** EEG biofeedback clinician; regular contributor, ***Megabrain Report;*** co-presenter, **Megabrain Workshops, EEG Spectrum Seminars.**

Flotation Tanks

"The potential of the tank is that your old accepted tape-loops about what is real go, and you begin to have direct experiences which now teach you something you didn't know before... This has occurred in practically every case of people who are willing to spend time in it – this doorway into your new spaces."

– Dr. John C. Lilly, neuroscientist, author of *The Center of the Cyclone*

The ultimate relaxation and mind-enhancement device. The user floats weightlessly, in total darkness, in 12 inches of body-temperature water saturated with 1,000 pounds of epsom salts, producing the most profound relaxation available on this planet.

A wealth of scientific research suggests floating is also an ideal environment for activities involving creativity, accelerated learning, self-suggestion, and exploration of internal states.

We highly recommend **Samadhi Tanks** and **Oasis Relaxation Systems.** Both involve a basic and complete stand-alone system including pump, filter, water heater with temperature control, air circulation system, and pump timer. Optional accessories are available. Systems start at about $5,000. Other excellent systems include small "float rooms" from Tank Alternatives, a company that also consults and/or provides a kit for do-it-yourselfers, and elegant, gracefully-designed flotation systems from Floatarium.

Another variation is **"dry floating,"** which offers float tank benefits with less hassle (no need for showers) and maintenance (more like waterbeds). One company, Relaxation Dynamics, makes wonderful dry float environments where you feel cuddled, comfortable and safe.

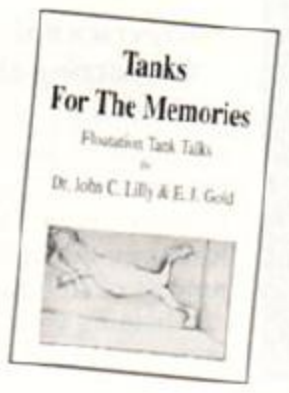
Our Flotation Tank information package includes information about Samadhi, Oasis, Tank Alternatives, Floatarium, and Relaxation Dynamics Float Environments.

Flotation Tank Information Package (NM220I) $5.00

Books on Floating

Tanks for the Memories: Float Tank Talks

NEW!



by Dr. John C. Lilly and E.J. Gold

Insightful, funny, frank and cosmic, these lectures explore the tank from the inside out (which becomes the "outside in," in typical holographic fashion). These guys have floated through to the other side. It's a book worth reading, which is great, because it's so much fun. Might even get you floating. Paperback 120pp **(BS001) $12.50**

The Book of Floating: Exploring the Private Sea

by Michael Hutchison

This in-depth study of the effects and uses of flotation tanks has been praised by Dr. John Lilly as "a superb book," and by Marilyn Ferguson as "a comprehensive, practical guide to a powerful technology of change." Chapters on floating and brainwave activity, hemispheric dominance, neurochemistry and much more. Paperback 255pp **(NB004) $9.95**

Restricted Environmental Stimulation: Research & Commentary

Edited by John W. Turner, Ph.D., & Thomas H. Fine, M.A.

30 research papers on clinical aspects of floating, including a historical overview of previous research. Hardbound 290pp **(NB020) $50.00**

Professional Products

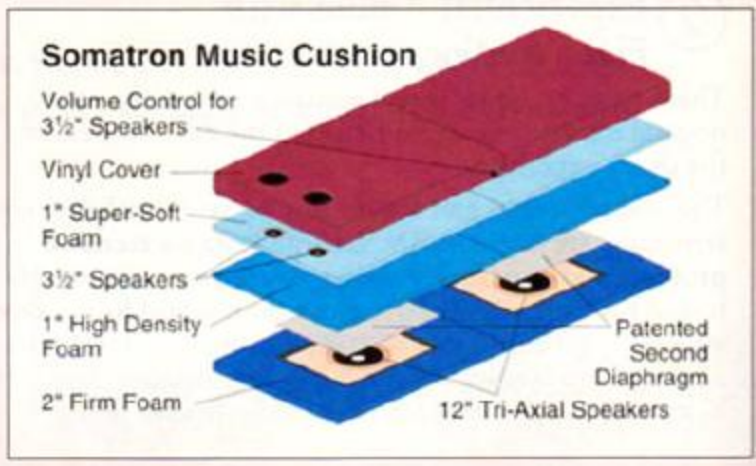
Professional products may be subject to shipping charges over and above those quoted in our normal schedule. Exact shipping charges are quoted individually. Professional products are sold on an individualized, custom, non-returnable basis. Information packages on some professional products are available for a small charge (usually $5). On these two pages, all flotation tanks and all VibraSound products fall into the "professional" category.

Sound Tables:

The music flows through you – blending with your breath and heartbeat until it becomes a part of you. With each note, gentle vibrations *soothe* your muscles as you relax into a sensual bath of sound. Your breathing is calm and effortless. With each exhalation, the music seems to resonate more deeply until you feel your entire body, mind and spirit are vibrating with every note. As the music dances across your skin, you are transported on a spine-tingling sensory adventure. A wave of profound relaxation overtakes you. And, suddenly, you find yourself in a place you've never been before...

A Whole-Body Sonic Massage

The **Somatron® Vibro-Acoustic Music Cushion™** is your "magic carpet" to a new, peaceful state of wholeness and total awareness. Using the same patented Somatron technology as far more expensive models, it creates vibrations through four audiophile-quality speakers. Your body rests on a patented "resilient support system" to give you a relaxing and completely pleasurable experience. Your favorite CD or tape is heard through built-in speakers positioned next to each ear, eliminating headphones and giving you full freedom of movement. These speakers have a separate volume control for maximum adaptability and comfort as you go on your sensory journey. Two other speakers, one under the base of the spine and the other under the knees, provide a complete vibrational experience.



for spine-tingling sensory adventures

The Experts' Choice

The Somatron is the world's most widely used and recommended sound table. It has been chosen by MDs for dozens of respected research programs in hospitals, major universities, private institutions and government facilities, including the U.S. Air Force. The Somatron is completely portable, and makes an ideal traveling companion for business trips or vacation getaways.

Technical Specs

All Somatron products have two body speakers (8" or 12") plus two additional full-range stereo head speakers with separate volume control. They easily connect to any stereo system outputting 4 to 40 watts of power (2 to 20 watts per channel). Fuses protect against speaker damage. The tables are covered in attractive naugahyde and feature a 1-year warranty plus complete instructions.

The Somatron Music Cushion *(pictured above)*

A whole-body experience. Best for bodyworkers, because the whole body lies flat on one plane (in either position – back or front) and is vibrated by Somatron's largest 12" triaxial speakers. 74" x 28" x 4" (length folds to 37"). 25 lbs. Burgundy. *Add $40.00 for additional shipping and handling.*

Somatron Vibro-Acoustic Music Cushion (NM250)
Retail ~~$795.00~~ Tools For Exploration's Low Price $649.95

NEW!

The Somatron Vibro-Acoustic Recliner Cushion

Convert your existing recliner to a Vibro-Acoustic chair at one-fourth the cost. Just place this flexible 3-section pad into any recliner chair. Use in any position. Two 8" speakers in centers of upper leg and back sections vibrate you while listening to music or watching your favorite video, while two 2" head speakers are directed at each ear from the headrest area for excellent stereo separation. (Connect to any stereo system or VCR/TV within the power range.) Black. *Add $40.00 for additional shipping and handling.*

Somatron Vibro-Acoustic Recliner Cushion (NM256)
Retail ~~$799.95~~ Tools For Exploration's Low Price $699.95

NEW!

The Somatron Vibro-Acoustic Wedge

No loss of vibro-power here! Ergonomically contoured foam (a "body Birkenstock"). You lie back on it, face-up, and enjoy a great vibro-acoustic massage from the base of your spine to your head via two 8" triaxial speakers. Super-lightweight (10 lbs.) and portable (42" long x 17" wide x 5" thick, tapering to 1"). Teal. *Add $25.00 for additional shipping and handling.*

Somatron Vibro-Acoustic Wedge (NM255) Retail ~~$499.95~~
Tools For Exploration's Low Price $399.95

The VibraSound:™ The Ultimate Sound Table

The full VibraSound system includes a professional audio console and the SR8000 sensory interface. The SR8000 processes sound for congruent multisensory stimulation; its coordinated light flashes let you "see" music as swirling color patterns. Our favorite VibraSound feature is its waterbed-like sound medium, which conducts sound across the surface your body for a super-sensual effect. The sound-equipped massage table is wonderfully powerful, yet light and portable. Please see "Professional Products" box concerning shipping and other terms.

The VibraSound (NM209) $12,350.00

SR8000 Sensory Interface (NM210) $2,925.00

VibraSound Massage Table (NS206) $2,150.00

State-of-the-art Sound Therapy CDs

SAMONAS Sound Therapy comes from the "Klangstudio Lambdoma" of Ingo Steinbach. Steinbach's highly original work should be seen in the tradition of the great Alfred Tomatis *(see facing page)*, but it extends Tomatis's ideas in several important ways.

Both Tomatis and Steinbach agree that music's overtones (high-frequency tones that you may not even notice) can have a profoundly energizing and invigorating effect on our ears, brain and total body. But Steinbach has developed new ways to use recordings for therapeutic purposes, stressing the importance of using **enjoyable, euphonic, audiophile quality** CD recordings. They are experienced as extremely enjoyable, rather than scratchy and strange. Thus, we are able to "let it in" more deeply and be changed by it in ways that may otherwise not be possible.

A micro-massage for your inner ear

Steinbach's Sound Therapy entails listening every day – for four weeks to four months or more – to classical music that has been specially recorded and spectrally activated via an "envelope curve modulator" to include a complex overtone frequency matrix, reaching 20,000 Hz or more. His special CDs are meant to be heard through headphones using top quality equipment. This gives the music a startlingly rich, lifelike quality and provides a gentle, enlivening micro-massage for your inner ear.

This micro-massage can stimulate the re-innervation of your audio neurology, which includes the neurology of sensory-motor balance, contained in an extremely prominent structure in the most primitive parts of the brain. The result can be profound re-enlivening of the whole brain, nervous system, and senses – which transforms the total body/mind.

The healing powers of sound

With Sound Therapy you may be able to improve fine motor skills, increase energy, improve concentration and hearing, accelerate learning, and feel a heightened sense of well being. Before you begin your own course of Sound Therapy, we suggest you read the *SAMONAS Sound Therapy Handbook* and listen to the *Demonstration Disc*.

♥ **SAMONAS Sound Therapy Handbook.** A compilation of articles on Ingo Steinbach's remarkable, original sound therapy ideas and their practical applications. Highly recommended. Paperback 47pp **(KB101) $15.00**

Choose among 4 categories of Spectrally Activated recordings:

❶ The Demonstration CD

Sample a variety of Steinbach's remarkable recordings with commentary in German.

NEW!

♥ **Demonstration Disc – CD (KT010) $24.95**

❷ SONAS Healing Sounds CDs – $33.95 each

NEW!

SONAS ("Sounds with *O*ptimal *N*atural *S*tructure") CDs enable you to experience the remarkable difference SONAS makes in live recordings of acoustic classical music. Enjoy with or without headphones.

♥ **Carulli: Duos for Guitar and Piano.** Chosen to create an intensive insight into reality on a deep psychological level, beckoning the dreamer into the present. **(CE101)**

Classical, Jazz and Flamenco Guitar. Unique improvisation of 3 guitarists recorded in a church with special acoustics. **(CE301)**

♥ **Live in Catalonia.** Rossini, Tchaikovsky and Grieg, imbued with the magical acoustics of an old Spanish cathedral. **(CE302)**

Flute and Guitar. Bach, Kuffner, Carulli, Villa-Lobos, Ravel & Piazolla. A fresh breeze for lightness of spirit. **(CE310)**

❸ SAMONAS Sound Therapy CDs – $49.95 each

SAMONAS ("*S*pectral *A*ctivated *M*usic of *O*ptimal *N*atural *S*tructure") CDs are meant to be listened to every day using a quality sound system including headphones with an extended dynamic range (with high frequencies up to 20–23 KHz!).

♥ **Classical.** Music by Mozart and his contemporaries, performed on flute, harp & cello. **(KT101)**

Romantic. Music by Gounod, Saint Saens, Schubert and others, performed on flute, harp & cello. **(KT102)**

♥ **Duets for Guitar and Piano.** Music by Carulli. **(KT103)**

Chamber Orchestra. Music by Rossini, Tchaikovsky & Grieg. **(KT104)**

♥ **Birds, Wind and Water.** Nature sounds without music, recorded in places carefully selected for their high energy rating. **(KT110)**

❹ Synergy-Concept CDs – $49.95 each

Synergy-Concept CDs are meant to complement SAMONAS CDs in a daily program of headphone-assisted sound therapy. They combine spectral recordings of soothing nature sounds with contemporary music.

♥ **The Mystery of Water.** The cycle of water in all its forms. **(CS911)**

Alpha and Omega. Acoustic sounds from nature, with music based on the harmonies of Earth, sun, moon & stars. **(CS912)**

♥ **Nature-Sound-Synergy.** Music of Tibetan bowls & ocean surf. **(CS913)**

BioSonic™ Tuning Forks

John Beaulieu has designed BioSonic tuning forks specifically to retune and rebalance the body's energies. They are based on Pythagorean intervals and an 8-cps fundamental tone that resonates with the frequency of the Earth. While in a seated position, just tap the fork on your knee or on the floor, or tap two forks against each other.

♥ Angel Tuners™

NEW!

These 3 high-pitched pure tone tuning forks are based on the ninth octave of the overtone series, the sonic "stairway to heaven." The Russian composer Scriabin believed ninth octave overtones would unite Heaven and Earth and bring a new age. Sound the Angel Tuners to open a passageway to the angelic kingdoms.

3 Tuning Forks (TF109) $44.50

♥ Body Tuners™

Two forks sound the interval of a fifth – the most important interval for relaxation, centering and aligning the body's energies. Complete instructions and a colorful carrying bag are included.

2 Tuning Forks (C and G) (TF102) $34.50

BioResonator Boxes

These boxes amplify the sound of the tuning forks so strongly that they sound like crystal bowls. Two 256-cps forks soothe and resonate the whole body.

Includes 2 boxes with tuning forks, plus mallet. Complete instructions.

Pair of BioResonator Boxes (TF106) $189.95

The Otto

A long, deep-sounding tuning fork. 128 cps.

1 Tuning Fork (TF104) $32.50

♥ Solar Harmonic Spectrum™

Includes all seven basic intervals for personal meditation and sound therapy. Comes with complete instructions and carrying bag.

1 Set (includes 8 Tuning Forks) (TF103) $124.50

Upgrade your Body Tuners to a full Solar Harmonic Spectrum

(TF108) $99.95

Music and Sound in the Healing Arts

by John Beaulieu

This book shows how to create increased life-energy and wellness through the use of sound. An invaluable resource. Paperback 144pp

(TF101) $12.95

♥ Instructional Video

John Beaulieu demonstrates exactly how to use the tuning fork products on this page to strengthen the human energy field and relieve imbalances. 50-minute VHS video.

(TF107) $9.95

♥ Denotes a TFE Favorite

The Healing Power of Sound

The Conscious Ear

by Alfred A. Tomatis

In the English translation of his autobiography, Tomatis shares the story of his 71-year search to understand human health and growth, his encounters with will and fear, and the growth of love and meaning in his life. An inspiring resource.
Paperback 300pp **(ST102) $19.95**

When Listening Comes Alive

NEW!

by Paul Madaule

This is THE book to read if you want to gain a practical understanding of the Tomatis Listening Method. Madaule writes as both clinician and client, recounting his own remarkable recovery from childhood dyslexia and his later career as a Tomatis clinician successfully treating thousands of people. He summarizes Tomatis methods and includes a unique selection of "Earobics," daily exercises that will allow you to develop and improve your listening skills on your own.
Paperback 204pp **(BL301) $14.95**

Heal Yourself with Your Own Voice

A 60-minute audiotape workshop (at home or in the car) with Don Campbell, featuring exercises and examples of how you can improve your well-being and health through using your voice. **(TV102) $12.00**

Gregorian Chant

Dr. Alfred Tomatis calls Gregorian Chant "sublime brain food...If I have a long job to do I always put on Gregorian while I work," says Tomatis, "because it enables me to remain charged without difficulty. People ask me, 'What are those extraordinary records that buoy you up so?'"

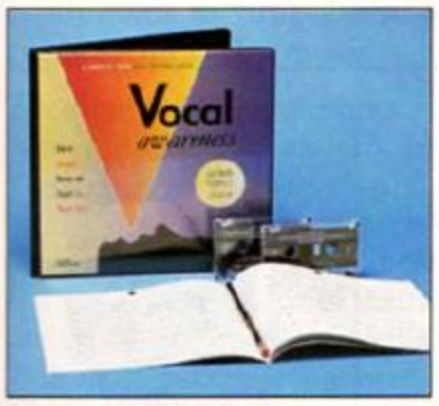
Recordings of the Benedictine monks of the Monastery of St. Peter of Solesmes in France, considered by Dr. Tomatis to be the world's finest interpreters of Gregorian Chant:

Easter –
Cassette (TG101) $12.98
CD (TG101CD) $19.98

♥ **Gregorian Sampler I –**
Cassette (TG102) $12.98
CD (TG102CD) $19.98

Gregorian Sampler II –
Cassette (TG103) $12.98

♥ **Vespers and Compline –**
Cassette (TG104) $12.98
CD (TG104CD) $19.98



Vocal Awareness Course

NEW!

Learn from Arthur Joseph, internationally respected voice specialist and coach to thousands of performers, broadcasters and executives. In these five tapes, you work with him one-on-one to gain a new understanding of how your voice works and dramatically improve your vocal performance. This digitally recorded five-hour course includes specific instructions on fear, letting go, protecting your voice, the "yawn-sigh," tongue release, breathing, posture, enunciation, and attention, and puts it all together with a full music and singing workout. **5-cassette album with workbook (TV400) $59.95**

Sound Therapy for the Walkman

by Patricia Joudry

Novelist and playwright Patricia Joudry tells of her personal transforming experience with the Tomatis-based sound therapy, which she considers one of the great evolutionary discoveries of the age. She describes this complex system of brain recharging with clarity, simplicity and humor. Paperback 155pp **(ST103) $11.95**

Sound Therapy Cassettes

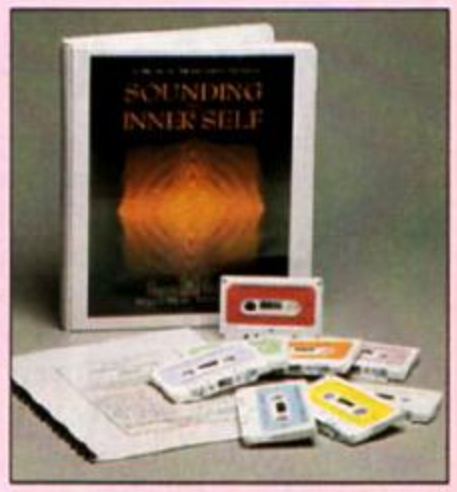
These ascending frequencies constitute the therapy program described in Patricia Joudry's book. Each metallic cassette is recorded in real time through Dr. Tomatis' "Electronic Ear." The "rocking effect" exercises the middle ear and opens up the auditory system to the full range of frequencies. Allow up to an extra 2-3 weeks for delivery.
4 metallic cassettes (90 minutes each) **(ST104) $235.00**

The Healing Powers of Tone and Chant

Tape One is a lecture by Don Campbell on the history of Chant with many beautiful examples, as well as 25 minutes of instructional exercises. Tape Two is a documentary on the work of Alfred Tomatis, including an interview with Tomatis himself and chanting by Tibetans, Gregorians, and Thomas Merton. **2 cassettes (TV101) $20.00**

TheraSound™ – Making Music Therapeutic

Proven effective in clinical tests

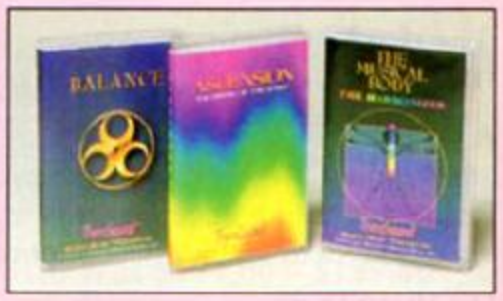


After using music and breathing to heal himself fully from a broken back, David Ison of TheraSound spent over ten years studying the relaxing and healing effects of music on the human body. He found certain melodic and rhythmic patterns that most powerfully support the individual's active participation in relaxation and self-healing.

Today, TheraSound tapes are widely used in hospitals, stress-reduction clinics and health care facilities around the world. They are designed especially for use with a Somatron or other sound table *(see pp. 42-43)* with which they can deliver a genuinely blissful experience, but they are deeply healing even when used with conventional equipment.

TheraSound's latest series of therapeutic audiotapes is collected in an 8-tape album, *Sounding the Inner Self.* This therapeutic package includes seven 40-minute tapes that resonate the primary energy centers of the body and help you contemplate the source of energy and insight resident in each center. The eighth tape, *The Harmonizer,* is a 25-minute journey through the musical body, used to balance and harmonize you, and also to identify the tape you need right now. Two additional tapes, *Balance* and *Ascension,* are sold individually.

♥ **Sounding the Inner Self. 8-tape set,** plus in-depth instructional booklet with breathing and meditation exercises, descriptions of the chakras and corresponding emotions. **(ST300) $129.95**



♥ **The Harmonizer.** Journey through all seven chakras of the musical body. **(ST401) $19.95**

Balance. One of TheraSound's most effective stress-reduction and relaxation tapes. **(ST402) $19.95**

Ascension. An audio meditation deep into the heart of inner being. **(ST403) $19.95**

The NoiseBuster™ Headphone silences the roar

Ever breathed a sigh of relief when a refrigerator or air conditioner suddenly stopped? That's the effect of the amazing NoiseBuster™ headphones. Rest your ears and nervous system by reducing annoying low-frequency background noise while enhancing the audibility of speech or music.

The secret is a process called "phase cancellation," in which ambient noise is sampled, and then another sound (a directly "opposite" sound waveform) is generated that effectively silences the background noise. It's also a high-quality headphone, suitable for use with your home stereo or Walkman – even for in-flight entertainment systems!

(SH120) Formerly ~~$149.95~~
Tools For Exploration's Low Price only $99.95

"The real champ at very low frequencies was the NoiseBuster." – *Popular Science*

Neutralizes unwanted sounds from:

- **Airplanes**
- **Traffic**
- **Lawn Mowers**
- **Air Conditioners**
- **Computers**

Koss® Porta Pro 2000 Stereo Headphones

These critically acclaimed top-quality headphones combine the benefits of an open, hear-through stereophone and a closed, isolating ear cushion – both with the incomparable quality of Koss. The oversized cushions slide easily onto the foam cushion for those times when isolation is a must. Samarium-Cobalt drivers provide remarkably high magnetic flux density without adding weight. High-powered motor assembly at the base of each unit drives the diaphragm at incredibly high speeds with ultra-low distortion. A special temporal pad design redirects pressure from the ear to the temporal bone. Headphones easily fold up for transporting in convenient carrying pouch. 10–25,000 Hz.

Plus: Koss's No-Questions-Asked Lifetime Replacement Warranty.

(SH106) $74.95

LaserHeartBeat™ Dynamic Stereo Headphones

Newly designed adjustable closed headphones for superior wearing comfort. High efficiency, wide-frequency-range transducers. Samarium-Cobalt magnet, OFC copper Litz wire and gold-plated plug. 16–22,000 Hz response. **(SH107) $34.95**

Maskphones

A comfortable quilted mask straps behind your head and supplies 20–20,000 Hz stereo sound to both ears. Perfect for falling asleep with at night, and no more expensive than regular headphones!

(TT101) $16.95

Float Away on a Cushion of Sound
The Stereo Pillow

Not as illustrated. The speakers are inside the pillow.

We love the way this comfortable, well-designed pillow makes you part of your audio environment with full left-right separation. Connect it to any stereo headphone outlet and listen to its two hidden speakers.

It is scientifically designed, using low-density contoured foam, to minimize pressure on your head while it holds the speakers gently close to your ears for optimal sound quality and stereo separation. It eliminates the tangling of wires and the discomfort resulting from falling asleep with your headphones on. The orthopedic shape makes it extremely comfortable, with a thin middle section for sleeping on your back or listening in stereo, and thicker sides for neck support when you are lying on your side. Patented.

The Stereo Pillow (SH110) $69.95

The Marsona® Sound Conditioner:
The Alternative to Noise Pollution

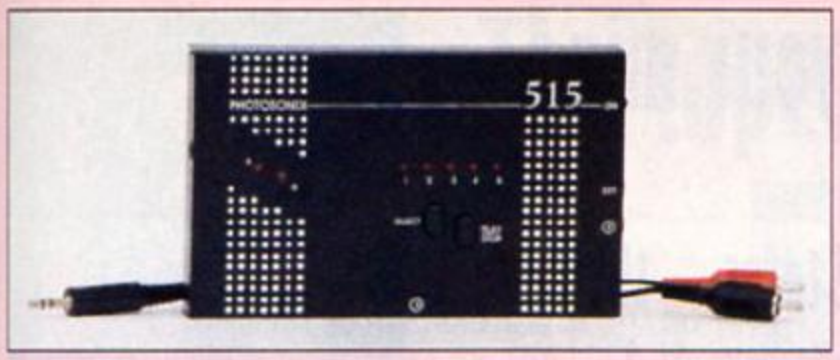
In a noisy world, it's refreshing to find an oasis of peaceful sounds. Whether you're trying to get a good night's sleep or just want to screen out annoying distractions, the **Marsona® 1250 Sound Conditioner** can help. This advanced machine calms you with a soothing collection of natural lullabies. Choose from seven basic sounds including Single Wave Surf, Wave Pattern Surf, Rain Shower, Rain Downpour, Babbling Brook, Waterfall and Country Evening. You select the sound, rate and intensity, tone, volume, and time. You can even create your own environmental symphony at the touch of the button. Adjust sounds with independent volume control; add depth and realism to three of the basic sounds so you can relax to "Country Evening with Crickets and Spring Peepers," or to "Surf with Sea Gulls and Bell Buoys." Imitations have appeared, but nothing matches the quality of the Marsona. Includes built-in speaker, plus output jack for pillow speakers or headphones. 9"L x 6"W x 3"H. 110V AC. 1-year warranty.

Marsona 1250 Sound Conditioner (SM001) $149.95

Enspace

Slip on these vinyl wrap-around eyeshades and it looks like you're wearing goggles. The foam mask blocks all light from your eyes while the built-in stereophones deliver music, blocking all distracting sounds from your ears. Light blockage is 100%. 20–20,000 Hz.

(TT102) $29.95



The 515: NEW!

Affordable psychoacoustics for classroom, office or home

Background sounds can make any indoor environment more conducive to your particular purpose. Select any of 10 programs in five categories: Energize, Relax, Learn, Visualize, or Sleep. Then play the sound through speakers (or headphones).

The 515's two on-board binaural beat generators play precise, sophisticated patterns of sound frequencies that coax listeners into appropriate states. Play the 515 alone or mask its tones with music or environmental sounds. Use in a waiting room and people can arrive at your professional office *already* relaxed, or use it to create an environment in your seminar room or classroom that helps people pay attention and retain information. The 515 is currently used in police stations, hospitals, classrooms and retail stores.

The little (4" x 5" x ½") 515 comes with an internal rechargeable battery. Its sessions can be set to run indefinitely or to turn off after a short time. AC adapter, stereo patch cord and RCA patch cord included. 1-year warranty. **(NE401) $129.00**

Make Your Own Psychoacoustic Tones
The Binaural Signal Generator

This sophisticated machine produces two separate binaural beats, one in either the alpha or theta range, and a secondary beat in either beta or delta. It also includes an ocean surf sound synthesizer.

For listening or recording, hook this unit to your stereo equipment to "bury" binaural beats behind the music.

The Binaural Signal Generator allows you to select a frequency range from 1 Hz (delta) up to 8 Hz (alpha), combine it with a 24 Hz (beta) signal (to promote increased mental awareness), and control the carrier signal (from 200 to 800 Hz). Unique patented circuitry enables the system to maintain a stable beat without further adjustment.

Binaural Signal Generator
US 110V, 60 Hz unit (NT301) $450.00
European 220V, 50 Hz unit (NT302) $500.00

Binaural Beats: The Phantom Frequencies

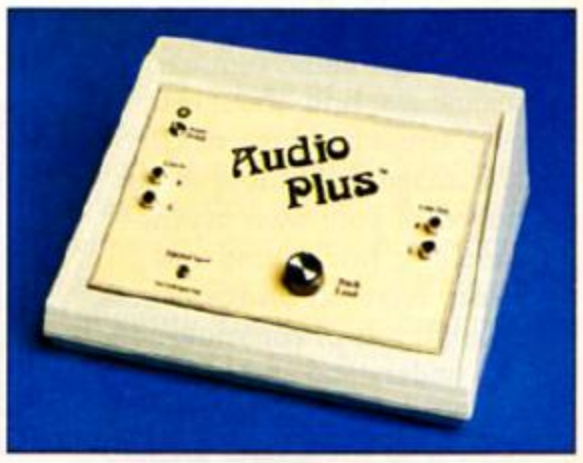
Scientists have discovered that when a slightly different sound vibration or frequency is delivered through each ear, instead of perceiving them as individual sounds, the mind combines them to "hear" a third, phantom frequency – the binaural beat.

When this happens, experimenters are able to measure increased levels of bilateral synchronized brainwave activity at the frequency of the difference between the two tones (e.g., 500 Hz & 510 Hz = 10 Hz). Thus, binaural beats can be used to teach people how to achieve alpha or theta states of calm attention in which it is easier to learn, meditate or relax.

Make Your Own Subliminals

Audio Plus™ with proven, patented Whole Brain® Technology! NEW!

Have you ever searched in vain for the subliminal tape that would fill *your* needs? Perhaps you knew exactly what you wanted but were not able to find it. Now you have an opportunity to make your *own* series of technically flawless recordings to your exact specifications.



Audio Plus connects easily to your home stereo input/output jacks. Write your affirmations and record them onto an audiotape. Then play them on a Walkman or other recorder while also playing music, environmental sounds, or radio. Thus, the Audio Plus functions like a sophisticated audio mixer, allowing you to combine two taped inputs so that subliminal messages are "buried" appropriately in the output channel. Use it to give yourself a varied diet of "live" subliminals, or create your own professional-quality cassette tapes.

A Scientifically Proven Technology

If you've followed the recent debate over the effectiveness of subliminals, the Audio Plus System will satisfy your technical concerns. To be effective, a subliminal message must be loud enough to be heard by your brain and register in your subconscious, but quiet enough not to be censored by your conscious mind as you relax and listen to the music. This guarantees that the message is actually heard and processed by your subconscious mind at the deepest levels.

TRY THIS:
If you're using the Audio Plus, read Dr. Eldon Taylor's book *Subliminal Communication (page 63)* for an insightful discussion of the techniques, including a chapter on "How to Create Your Own Subliminals." His newer book *Thinking Without Thinking (page 63)* is also recommended.

The Whole Brain® subliminal technology patented by Dr. Eldon Taylor has been studied dozens of times, and it has been demonstrated effective again and again. Proven benefits range from learning to weight loss, from decision-making to handling stress and depression. Now you can employ Whole Brain technology to create ambient subliminals in your home, or to make your own tapes!

You Control the Content

Audio Plus will meet your needs if you've been interested in subliminals but weren't comfortable giving "someone else" access to your subconscious mind. Since messages are recorded in your own voice, you are in total control of the script and can create new messages as your needs change.

110V AC. Complete instruction manual. 1-year warranty.

Audio Plus Subliminal System (BE203) $450.00

Audio Imagery™ Stereo Surf Synthesizer

This sophisticated, high-quality unit from AWI Electronics produces exceptionally clean and realistic surf and waterfall sounds as well as pink noise. Use with stereo speakers or for making your own recordings.

(NT310) Was ~~$229.00~~ – $199.00

Learn to unlock the limitless potential of your mind with Tom Kenyon of ABR

Brain Power – an audio seminar

Tom Kenyon is the author of *Brain States: A Practical Guide to Altered States of Consciousness* as well as the Acoustic Brain Research (ABR) audiotape series, which includes dozens of powerful, top-quality psychoacoustic recordings. (*See page 49.*)

In this six-tape audio seminar, Tom explains how to affect brain states to alter consciousness, how thoughts relate to stress and how to effectively manage them, how to tap the power of your own psychoimmunology, how sound and frequency relate to consciousness, the seven levels of consciousness, how to understand and access love, the coherent emotion of the heart, how to coordinate the left and right hemispheres of the brain, how to awaken innate creativity, and how to increase language abilities and problem-solving skills. The last two tapes guide you through 16 separate meditation/visualization experiences.

What you get: 6-cassette album plus manual.

Brain Power: Unlocking the Limitless Potential of Your Mind (TA401) $59.95

Brain States – the book

by Tom Kenyon, M.A.

A groundbreaking and exciting read on how to accelerate behavioral change – packed with simple, practical advice.

Brain States is a do-it-yourself manual of transformation. It teaches you how to release stress in two minutes, accelerate healing, increase your IQ, eliminate negative emotional states, tap into your hidden creative potentials, and eliminate phobias (such as public speaking and test-taking) through simple exercises.

Brain States also teaches you techniques to:

- Master your emotions using simple breathing patterns
- Alter your brain state by moving or holding your body differently
- Enhance learning and boost language abilities
- Make the most of the new brain machine technology.

Brain States (Paperback 288pp) **(NB205) $11.95**

Infinite Mind – For Memory, Clarity and Learning NEW!

Musician and teacher Sharon Howarth-Russell created two tapes, ***Infinite Mind I and II,*** specifically to assist memory, clarity and learning. Her music was chosen for an in-depth, fully controlled study at Brock University's Cognitive Research Library, where it was proven to improve memory in children, head-injured and elderly subjects. The tapes, which combine specially designed rhythm patterns and musical tones, are meant to be played quietly in the background while studying or learning. In the study many subjects found the music relaxing, but even those who called it distracting obtained their highest scores while it was playing. Tape I helps memory, recall, mental clarity and stability. Tape II helps to accelerate the learning process.

Infinite Mind I and II (IN444) $32.00

Synchronicity High-Tech Meditation with Master Charles NEW!

The Neurotechnology of Bliss

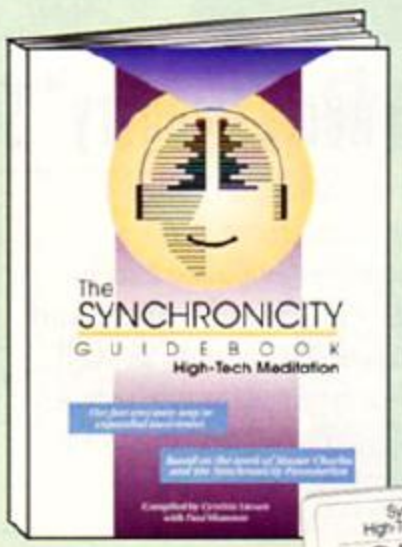
Meditation has never been so easy. Whether you are an experienced meditator or a beginner, Synchronicity High-Tech Meditation opens you to the creativity, freedom, peace and bliss that lie at the Source of your being.

The Synchronicity Guidebook: High-Tech Meditation with Theta Level Meditation Soundtrack

(Book and Audiocassette)

Based on the work of Master Charles, originator of Synchronicity High-Tech Meditation, this comprehensive, easy-to-read book explains in detail how contemporary technology brings precision and acceleration to the meditative experience.

Includes a High-Tech Meditation audiocassette soundtrack and provides valuable guidelines for establishing your own high-tech meditative practice.



Book and Cassette (TB001) $29.95

Synchronicity Audiocassette Soundtracks

Alpha Level

These beautiful soundtracks evoke the feeling of traditional Eastern spirituality and a mood of profound serenity. Combination of Master Charles' voice, music, environmental sounds and subliminal affirmations.

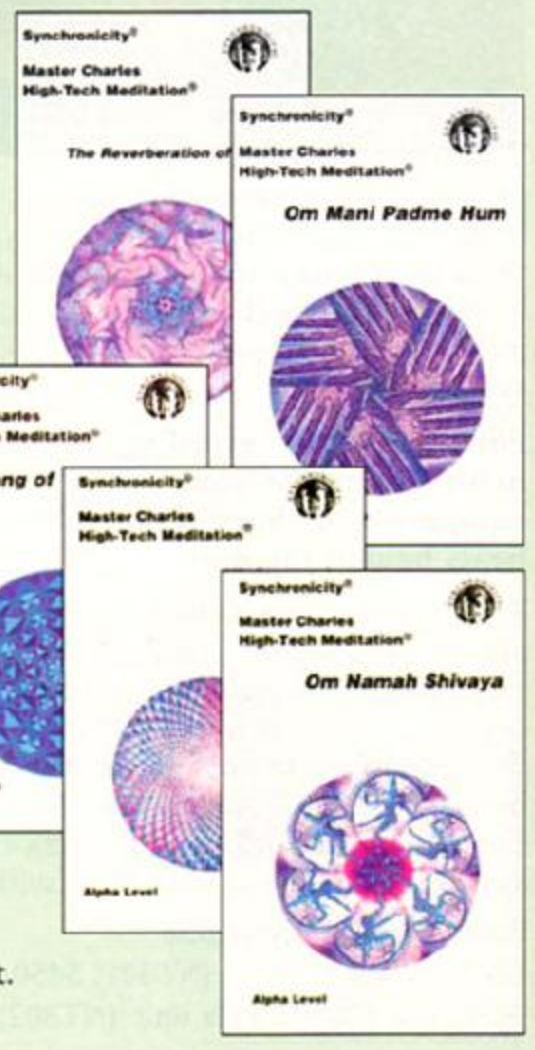
2 cassettes each:

Om (TB002) $19.95

Om Namah Shivaya (TB005) $19.95

Om Mani Padme Hum (TB003) $19.95

Welcome to My World (TB004) $19.95



Theta Level

Song of the Ecstatic – Sung by Master Charles in the original Sanskrit to classical accompaniment.

2 cassettes (TB007) $19.95

ABR The tapes everybody loves.

Acoustic Brain Research

People keep telling us how much they love Tom Kenyon's powerful, innovative, meticulously produced tapes. The rich combination of psycho-acoustic techniques stimulates the mind in precisely designed ways – ranging from states of profound relaxation and emotional openness to deeply intuitive "twilight" states, to energetic mental clarity and brightness.

- **Independent university studies confirm these tapes' value**
- **"From the Heart" – These tapes communicate an enlightened spirit that helps "heal" the soul while they stimulate the mind**
- **Audio techniques: music and sound patterns, beat frequencies, subliminal and audible suggestions, guided visualizations, transformational metaphors**

Tape Sets:

♥ Psychoimmunology

This 3-tape set is ABR's most acclaimed and universally loved title, using multiple techniques to increase your well-being and "healing" experiences for mind and soul.

3-tape set (TA201) $59.95

♥ Acoustic Supported Learning

Played as background music while you work or study, these tapes help you learn with ease as well as decrease stress and anxiety.

3-tape set (TA212) $59.95

♥ Freedom to Be

Receive messages of self-esteem, and eliminate self-sabotage and "emotional overwhelm." These tapes interweave intricate music with audible and subliminal metaphors.

2-tape set (TA202) $39.95

♥ Mind Gymnastiks

An amazing 6-tape set for improving mental functions, creativity, processing speed & performance.

(TA301) Was ~~$149.95~~
Now $99.95

Mind Your Health: A Cardiac Support Program

Created with Dr. Bruno Cortis to help you take charge of your health while assisting in healing the heart through creative imagery.

2-tape set (TA311) $49.95

R&R

If you need more rest, here's a fantasy vacation through the brain waves, including the revolutionary 24-Minute Nap (see "Single Tapes").

2-tape set (TA303) $39.95

Tom Kenyon Seminar on facing page.

Inspired: High Genius and Creativity

Tap insights to specific problems, enter meditation, enhance visualization and creative dreaming. Guided exercises using visual imagery and archetypal psychology help you tap creative powers and boost mental functioning.

4-tape set (TA302)
~~$99.95~~
Limited Time Special
$89.95

"The simplest and most powerful tools I have found. The tapes by ABR have just about every effect I have ever obtained with meditation, yoga and brain expanding machines costing $7,000 or more."
– Robert Anton Wilson

NEW! from ABR

♥ The Zone: For Aerobics

Use with a headset while running, walking, biking or using machines. Believed to aid in muscle coordination, here is top-notch listening pleasure that engenders positive emotions, increases motivation, and boosts exercise duration and intensity. Headphones suggested.
(TA330) $14.95

Sound Bath

Created for hot tub or bathtub. Gently immerse yourself in the therapeutic comfort of the tub, then bathe yourself in the tranquility of music and sound, while harmonizing all these sensations with special breathing exercises (included). Helps you reach your fullest potential in relaxation and self-recovery!
(TA331) $14.95

Yoga for the Eyes

Eye movement exercises, guided imagery and musical patterns to help rejuvenate your physically strained and stress-weary sight.
(TA332) $14.95

♥ Denotes a TFE Favorite

Single Tapes $19.95 each:

Ideal Body Image

Reprogram your subconscious mind to form healthy new relationships with food and exercise. **(TA305)**

♥ Creative Imaging

Documented as measurably boosting intelligence factors! Enhances visualization skills, creativity, and language abilities. **(TA221)**

Transformation Now

This tape helps release locked emotions and facilitates change and personal growth. **(TA207)**

Wave Form

A soothing "brain massage" for a deeply relaxed "theta" state to help you manage stress and heal emotional pain. **(TA203)**

Creativity and Intuition

Complex cross-lateral tonal matrices with metaphors to open supernormal talents. **(TA205)**

Healing the Child Within

The world is a magical place seen through a child's eyes. Heal and be happy by bonding with the child in you. **(TA213)**

The 24 Minute Nap

This tape gently paces the brain into deep rest. Recover from sleep-deprivation, jet lag or fatigue. **(TA304)**

♥ Endorphin Trainer

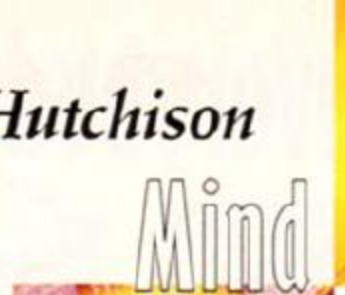
Learn to activate your brain's ability to produce pleasurable, blissful, or ecstatic states of awareness. 5 different protocols for "getting high" consciously without drugs. **(TA310)**

♥ Wave Form II (So Ham) Opening of the Heart

Uses the same principle of the Perfect Harmonic Fifth as the highly popular Wave Form. Specifically designed to open the heart. **(TA309)**

Mega Brain Zones™ *by Michael Hutchison*

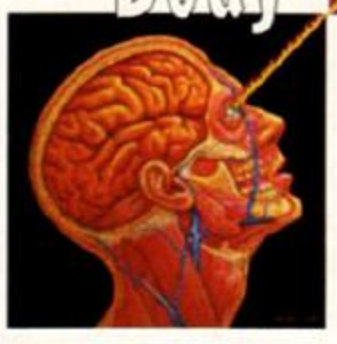
Here is a sophisticated set of six peak-experience tapes from Michael Hutchison, author of *Megabrain* and leader in the field of audio psycho-technology. These tapes use brain-altering sound techniques to awaken the mind's hidden reserves, stimulate higher order brain states, and provide access to a state where body, mind and spirit can reach beyond normal limits.



"There's nothing worth doing that can't be done better effortlessly."
– Les Fehmi,
Creator of *Open Focus*

Body

Peak Performance
Moves the brain through a wide range of frequencies, helps break up emotional blocks and promotes increased energy, freedom of movement and suppleness of the body.
Cassette (HT001) $16.95



♥ Deep Relaxation
Induces states of profound relaxation and mental clarity in which the listener experiences increased self-awareness and "mindfulness."
Cassette (HT002) $16.95
Body* – CD** (from Germany – includes ***Peak Performance and ***Deep Relaxation***) **(HT001CD) $29.95**

SAVE!
Full set MegaBrain Zones:
3 CDs + Booklet
(a $96.80 value) (HT010CD) only $83.95
6-tape album + Booklet
(a $101.70 value) (HT010) only $74.95

***Mega Brain Zones* Booklet:**
Michael Hutchison has written a 40-page booklet on the frequency principles he has used to create the *Mega Brain Zones* recordings. It is included free when you purchase the audiotape album (HT010) for $74.95, or a full set of CDs (HT010CD) for $83.95. It is also available separately.
Mega Brain Zones Booklet (HT007) $6.95

Mega Brain Zones tapes employ the following techniques:
- **"Silent" Stimulation**
- **Infrasonic Tones**
- **Window Frequency Binaural Beats**
- **Harmonic Superimposition of Binaural Beats**
- **High-Frequency "Brain Charging" Tones: The "Tomatis Effect"**
- **Techno-Shamanistic Percussive Tracks**

Spirit

Flow
For achieving stillness, dissociation from physical awareness and entry into trancelike states of consciousness. Ideal for meditation and creative inspiration.
Cassette (HT005) $16.95

Awakening
Helps to activate a very complex brainwave pattern often linked to transcendence – states of awareness beyond the ego that involve higher visions of reality.
Cassette (HT006) $16.95
Spirit* – CD** (from Germany – includes ***Flow and ***Awakening***) **(HT005CD) $29.95**

Mind

♥ Focus
Combines the calmness of the *Deep Relaxation* tape with additional stimuli to increase alertness and heighten cognitive abilities while studying or reading.
Cassette (HT003) $16.95

Exploration
Produces brain frequencies that allow access to memories, hypnagogic imagery and creative insights, helping activate the brain to move awareness beyond the physical body and into non-physical reality. Ideal for re-scripting and exploration of non-ordinary states.
Cassette (HT004) $16.95
Mind* – CD** (from Germany – includes ***Focus and ***Exploration***) **(HT003CD) $29.95**

♥ Denotes a TFE Favorite

Ultra-Meditation From Zygon

A trip around the world and to the center of the cosmos – all inside your brain
Try these tapes and find out what's behind the claims. Yes, these are the famous "28 minutes to Zen meditation" tapes you've heard about. While we can't guarantee they'll make an instant Buddhist monk out of you, they're likely to make you relaxed and open enough that you won't care. There's nothing on the market quite like *Ultra Meditation I and II* – they're sophisticated, excellently produced and recorded, and they consistently draw listeners into a gentle and genuine feeling of euphoria! People feel good after using their Ultra-Meditation tapes, and that's the best test we know.

Stage 1: The Foundation

♥ Ultra Meditation I and II: (Alpha-Theta and Theta-Delta)
Hear the transcendental sounds of Tibetan bells, chimes, monks OM-ing, and an underground stream with subsonic brain entrainment tones. Listen to the first tape for two weeks before using *Ultra Meditation II* to go deeper. *Ultra Meditation I* is among our all-time favorites.

2 cassettes (TZ101) $49.95
2 CDs (TZ101CD) $49.95

SUPER SAVINGS!
53% Off All 11 Cassettes (I-XI)
(TZ202) (Regularly $275)
Only $129.95 while supplies last

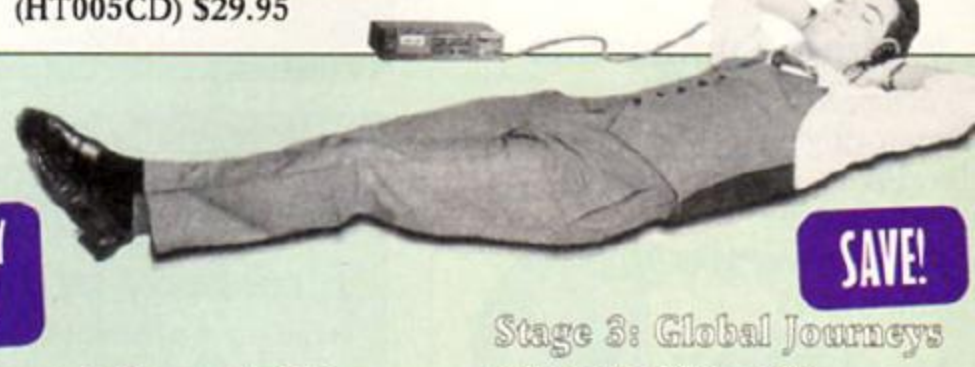
LIMITED SUPPLY ORDER NOW!

Stage 2: Advanced Tapes & CDs

Ultra Meditation III: The Delta Tape
A soft, many-layered soundtrack of many mysterious sounds. Recommended only for those who have used the first two Zygon tapes.
Cassette (TZ103) $25.00, CD (TZ103CD) $25.00

Ultra Meditation IV: Cetacean Mind Link
Listen and link your consciousness to the songs of whales and dolphins in a 3-D underwater sound environment.
Cassette (TZ104) $25.00, CD (TZ104CD) $25.00

Ultra Meditation V: Beyond & Back – The Near-Death Experience
This tape guides you through a "near-death" simulation, then brings you back to earth feeling more recharged and enlivened.
Cassette (TZ105) $25.00, CD (TZ105CD) $25.00



SAVE!

Stage 3: Global Journeys

Ultra Meditation VI: Zen Healing Chants
Cassette (TZ106) ~~$25.00~~ $15.00

Ultra Meditation VII: Transcendental States
Cassette (TZ107) ~~$25.00~~ $15.00

Ultra Meditation VIII: Voodoo Mating Rhythms
Cassette (TZ108) ~~$25.00~~ $15.00

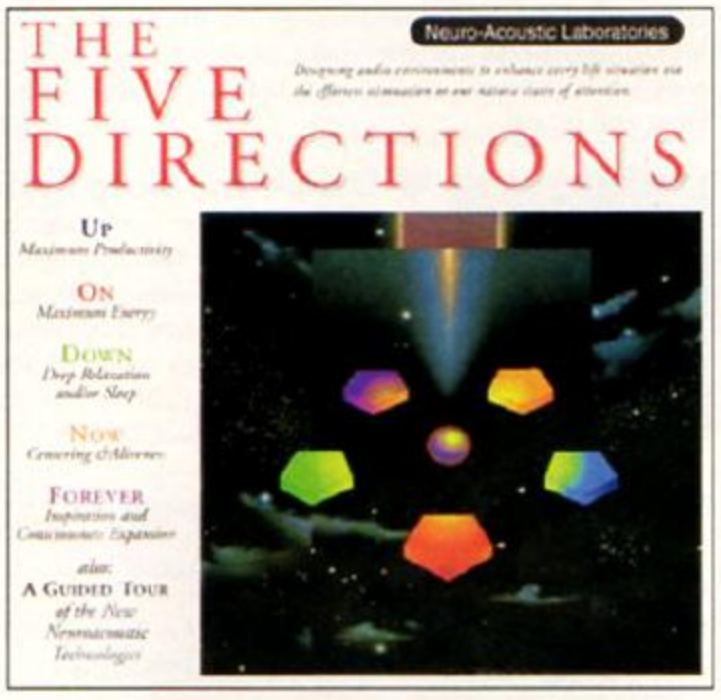
Ultra Meditation IX: Mayan Sun Ritual
Cassette (TZ109) ~~$25.00~~ $15.00

Ultra Meditation X: Indonesian Karma
Cassette (TZ110) ~~$25.00~~ $15.00

Ultra Meditation XI: Eskimo Spirits
Cassette (TZ111) ~~$25.00~~ $15.00

The Five Directions

Delightful music heightened by four dimensions of advanced psychoacoustics



Certain music changes how you feel, and these tapes prove it: Perk up to a graceful pastiche of drums and tablas percolating through rainforest birds and melodic synthesizers. Relax into the 3-D lullaby of resonant round tones pacing the sounds of rain splashing onto big gentle ocean waves. Enjoy hearing a babbling brook flowing over the haunting strains of ancient Christian sacred music. Feel delicate and powerful 3-D reverberations of each of your chakras. All enhanced by the following effects:

① **Powerful Binaural Beat Technology** has been shown to generate highly specific brain wave patterns with precisely timed sonic frequencies to the right and left ears. Research studies show increased levels of synchrony between the two brain hemispheres.

② **Window Frequencies** resonate the brain much like a note can resonate a crystal goblet. These frequencies have the potential of unlocking hidden mental capacities.

③ Forty years ago, Dr. Alfred A. Tomatis discovered and documented a method for vastly accelerating learning and language skills. Called the **Tomatis Method**, it teaches people to "charge the brain" with resonant sounds rich in certain frequencies. Today it is used in schools throughout Europe and the U.S.

④ **New 3-D Sound Imaging** technology allows sound to be directed toward places in your head or body. It can be used to resonate specific psychophysical centers of the body and mind. These sounds and frequencies stimulate and release mental and physical energy in ways never accomplished before.

"Most tapes take you to a meditative place and leave you there. This tape seems to balance physical and subtle bodies in an integrated way – evoking states of joy, oneness, bliss. It completed the circuit between my heart and crown chakras – stimulating on a cellular level!"

– Patti Lawrence, sound consultant, Southern California

♥ **UP: Maximum Productivity –**
for inducing energizing beta states whether at work or play. Pleasant, "upbeat" sounds that help you focus, whether listening through headphones or speakers.
(BT820) $14.95

♥ **ON: Maximum Energy –**
for giving you the energy you need to perform physical tasks like cooking, driving or working with your hands. For best results, listen to this tape through a speaker.
(BT825) $14.95

♥ **DOWN: Deep Relaxation and/or Sleep –**
for deep delta and theta states. Comforting, deeply relaxing environmental and musical sounds that powerfully "pull" you into deep levels of letting go.
(BT821) $14.95

"I really loved it. I've listened to a lot of tapes, and I don't think I've ever heard one with anything like this level of physiological impact."

– James H. Segars, M.D.

NOW: Centering and Aliveness –
for alpha/theta states of meditative awareness. As you hear 3-D musical and environmental sounds, notice that attention naturally expands into an open field of conscious presence.
(BT822) $14.95

♥ **FOREVER: Inspiration and Consciousness Expansion –**
for heightening awakened states of spiritual insight. Resonate and tune your consciousness on all levels via this powerful, ecstatic ritual-like progression of 3-D musical sounds.
(BT823) $14.95

A Guided Audio Tour of the New Neuro-Acoustic Technologies –
a clear and detailed educational lecture with audio examples of every important technique. Nothing like it has ever been available before.
(BT824) $14.95

Up, Down, Now, and *Forever* were formerly released as *Brain/Mind Resonance Version 2.0.*

When you order the six-tape album (an $89.70 value), receive a free "Technology Orientation" booklet from Neuro-Acoustic Labs – plus SAVE $24.75!
(BT840) $64.95

"A field-conscious new development of the technology, obviously physically effective... In certain moments the sound seems to go up the spine and take off like a roman candle...I'm impressed with the applications for self-exploration and enhancing meditation."

– Dr. George Fritz, noted biofeedback researcher, author, and clinician

Brain Busters

by Brian Paulson

After Indiana composer and instrumentalist Brain Paulson had spent some time as a student and active user of the new brain technologies, he began experimenting with headphone-only "brain sounds" using binaural beats combined with music. His work is based on his own experience plus his understanding of sacred geometry and music. He wanted to publish tapes with "maximum intensity" and we think he's achieved it.

Brian's Brain Buster

Features two tracks surrounding throbbing binaural beats with celestial synthesized music. **(TB110) $14.95**

♥ Mystic Rain

You hear the rich, deep sounds of natural and psychoacoustically engineered rain, processed to duplicate the maximum resonance of DNA photon emission – a hypnotic sonic excursion useful for deep healing, transcendence and the removal of subtle energy blocks. **(TB112) $14.95**

♥ The Power of Seven

260 Hz tone plus its highest overtones energizes and balances the heart chakra, evoking love, bliss and joy. **(TB111) $14.95**

Delta Bliss

Brian Paulson's most recent title, tuned to the mathematics of the color violet, the planet Venus, and super-slow frequencies. For regenerative, rejuvenative slumber. **(TB113) $14.95**

The Famous John-David Tape Sets

John-David was an outrageously original, unorthodox genius, justly famous for his ability to produce life-changing results with powerful cutting-edge sounds.

Brain-Mind Expansion™ Intensive

For improving long- and short-term memory, concentration, overall mental performance and peak states. **Use this tape only if you are prepared to experience dramatic changes.** John-David's work with brain-damaged children and disabled and dyslexic adults resulted in this comprehensive, powerful, intensive course in expanding your brain's hidden powers. Includes 8 audiotapes (use 4 with headphones and 4 without), VHS videotape, and 2 instructional audiotapes and manual.

Thousands sold nationally at $395

(TJ201) Tools For Exploration's Low Price $198.00

♥ Eliminate Self-Sabotage™

An intensive series dealing with getting life to work with much less effort. Use for making changes in relationships, self-esteem, sex, inner self, money and career. Includes 8 audiotapes (use 4 with headphones and 4 without) and 50-page workbook.

Thousands sold nationally at $295

(TJ202) Tools For Exploration's Low Price $148.00

Swirl Your Consciousness!

The famous music producer Marshall Chess is also an inner explorer who, after ten years of making tapes for his own use, released *The Swirl*. On both sides, multiple layers of binaural beat frequencies (delta-theta on Side A, and alpha-theta for Side B) are fused with continuously orbiting streams of sound for what Michael Hutchison describes as "a quick ride out of external reality."

The Swirl (Cassette) (TM901) $14.95

Recordings from Brain/Mind Research (BMR)

Dr. Jeffrey Thompson is a trailblazer – both an original creative artist and an important sound researcher. His 15 years' work as represented on these tapes combines intriguing music, brainwave frequency patterns, and **primordial sounds** recognized by the deep subconscious (water, heartbeats, dolphin clicks, planetary sounds, the body's own internal sounds, and sacred instruments from Tibet and Japan).

♥ Delta-Sync Sleep System

NEW!

Dr. Jeffrey Thompson uses sophisticated frequency matrices to modify your mental state and resonate you into deep sleep! You get: (1) two programs of soothing music, and (2) two environmental programs – calming forest sounds and the lull of ocean waves. 2 hours.

2 Cassettes Boxed (TB801) $16.95
2 CDs Boxed (TB801CD) $19.95

♥ Video: Voyage Through Space and Sound

NEW!

Actual footage from space probes and computer animation is combined with actual "space sounds" from NASA plasma wave antenna recordings. Unearthly science. (30 min., VHS)

(VT600) $21.95

Celestial Love Songs

NEW!

NASA recordings of plasma waves, formed by the constant interaction of solar wind with the magnetosphere of moons, planets and planet rings. These sounds "crash" like ocean waves, "croon" like unearthly angels, and "chirp" like crickets. 11 unique and distinctive 4-minute selections.

Cassette (TT601) $12.98, CD (TT601CD) $15.98

Celestial Dolphin

Primordial space sounds that sound like dolphins and whales, together with the *actual* sounds of dolphins and whales and a beautiful musical composition.

Cassette (TT514) $12.98
CD (TT514CD) $15.98

Sri Yantra

The ancient symbol of consciousness translated into sound. Performed at the "Seduction of Spirit" seminar featuring Deepak Chopra, M.D., and David Simon, M.D.

Cassette (TT515) $12.98
CD (TT515CD) $15.98

♥ The Egg of Time

This acclaimed "greatest hit" combines multiple-level frequencies with heart-felt music for deep meditation and relaxation.

Cassette (TT502) $12.98
CD (TT502CD) $15.98

♥ Brainwave Suite

These four tapes use music, natural sounds, and sophisticated patterns of brain-entraining pulses to stimulate highly specific states of consciousness. Dr. Jeffrey Thompson used his Mind Mirror EEG machine to design specific brainwave patterns which are imprinted directly into the music and sounds of these tapes. Titles include Alpha, Theta, Delta, and Alpha/Theta. Eight programs, includes 24-page booklet.

4 Cassettes (TT530) $24.95
4 CDs (TT531) $29.95

♥ Windows

Let these "windows" help you glimpse another reality. Contains one of the most potent low-frequency psychoacoustic tracks we know.

Cassette (TT504) $12.98, CD (TT504CD) $15.98

Hemi-Sync® Tapes from the Monroe Institute

Brain Box

This package is designed for the motivated student who wants that extra "edge" that can be so crucial to academic success. These tapes offer your brain an initial boost of technological support. Like a set of training wheels, they are designed to be used only until these activities are "internalized" to the point that the added assist is no longer needed.

The Brain Box consists of the following: (1) Three Hemi-Sync tapes to get you "in state" for three activities essential to scholastic excellence: **sleep and relaxation** *(Catnapper)*; **concentration** *(Concentrate)*; and **searching for new ideas** *(Create)*. These tapes are specially adapted versions of other Monroe Institute titles. (2) The fourth Hemi-Sync tape *(Toolbox #1)*, teaches an entire "vocabulary" of H-Plus techniques, including Relax, Wake Up, Focus Your Attention, Imprint Data, Recall Data, Consider All Your Options, and Increase Short-Term Strength. *Toolbox #1* affects parts of the brain where these natural abilities are deeply learned, and so can be re-created as needed. (3) An accompanying manual helps you use the tapes appropriately and successfully.

What you get: BrainBox Manual + 4 audiocassettes. **The BrainBox (TM490) $59.95**

Human Plus

These tapes use Theta and other beat frequencies to help you absorb a desired mind/body state and reactivate it throughout the day by a short verbal cue like "relax," or "imprint" (for memory).

All Human Plus titles $14.95:

Attention. Learn to improve concentration. **(MT201)**
Brain: Repairs & Maintenance. Learn to alter brain's blood flow, chemical & electrical activity. **(MT202)**
Contemplation. Learn to access higher states while alert. **(MT203)**
De-Hab. Learn to change unwanted habits. **(MT204)**
Eat/No Eat. Learn to control eating. **(MT205)**
Eight-Great. Learn to increase self-confidence. **(MT206)**
Imprint. Learn to recall desired information. **(MT207)**
Let Go. Learn to counteract emotional reactivity. **(MT208)**
Mobius West. Learn to program optimal achievement. **(MT209)**
Off-Loading. Learn to modify emotional patterns. **(MT210)**
Options. Learn to develop creative solutions. **(MT211)**
Regenerate. Learn to reinforce body's healing ability. **(MT212)**
Relax. Learn to relax while alert. **(MT213)**
Think Fast. Learn quick retention/recall. **(MT214)**
Tune-Up. Learn peak physical fitness & performance. **(MT215)**

Mind Food Tapes

For creating desired states as you listen. Play to enhance everyday activities such as concentration or falling asleep.

Mind Food titles $14.95:

Moment of Revelation. For accessing inner self. **(MT274)**
Pain Control. For consciously reducing importance of pain perception. **(MT276)**

The Way of Hemi-Sync. An excellent introduction and first experience of Hemi-Sync.

(MT241) $9.95

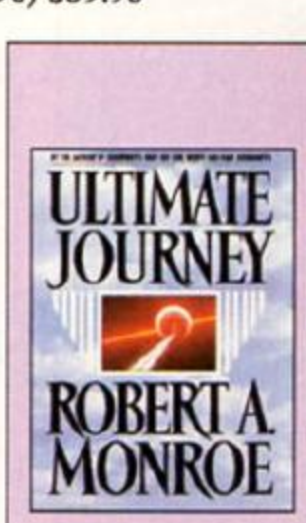
Gateway Experience

These six 6-tape albums are a home-study course combining verbal instructions with blended and sequenced sound pulses to help lead you, step-by-step, into new states of consciousness. The first four albums, Waves I-IV, combine Hemi-Sync and verbal guidance; Waves V-VI dispense with the verbal instructions, allowing a spontaneous Hemi-Sync experience.

Wave I – Discovery (6-cassette album) (MT230) $72.00

Entire series (6 albums, total 36 cassettes, + Guidance Manuals) (MT239) $365.00

All other Gateway Experience albums (Wave II through VI) may be special-ordered. Allow extra time for delivery.



Books by Robert Monroe:

Journeys Out of the Body

Robert Monroe, a Virginia businessman, began one day to find himself leaving his physical body to travel to locales far removed from the familiar "realities" of his life.

Paperback 280pp **(MB104) $11.00**

Far Journeys

Monroe's second book takes us even farther beyond the known dimensions of the physical universe, and along the way offers insights into the untapped resources and limitless possibilities of human consciousness. *"Robert Monroe's experiences are probably the most intriguing of any person's in our time, with the possible exception of Carlos Castaneda's."* – Joseph Chilton Pearce

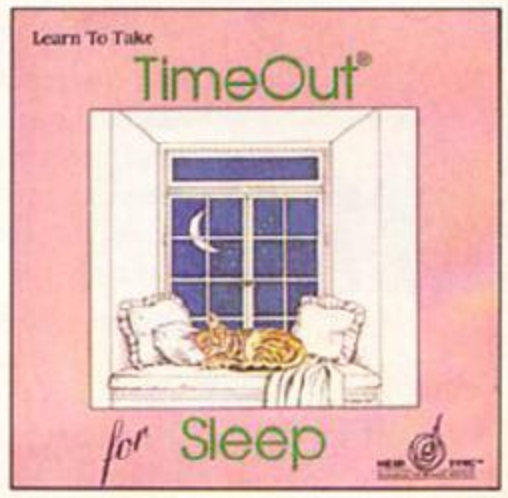
Paperback 290pp **(MB103) $11.00**

Ultimate Journey

Monroe's latest book charts the area that lies "over the edge," beyond the limits of the physical world. Robert Monroe combines records of his own experiences with those of others who have followed the "interstate" – the route that opens to us when we leave our physical lives – to make *Ultimate Journey* an exhilarating experience.

"The best of Bob Monroe's books."
– Elisabeth Kubler-Ross, M.D.

Hardbound 320pp **(MB101) $22.95**



Sleep Tapes (and a CD)

Time Out for Sleep CD. Programmable to design your own sleep and dreamwork experience. **One CD (MT220CD) $49.95**

Catnapper. Gives you the benefits of a refreshing 90-minute nap in just 30 minutes of listening. **(MT250) $14.95**

Deep 10 Relaxation. For profound relaxation leading into sleep. **(MT251) $14.95**

Sound Sleeper. Guides you into a refreshing sleep. **(MT252) $14.95**

Super Sleep. Use auto-reverse/ continuous play to deepen sleep throughout the night and assist dream recall. Nonverbal. **(MT253) $14.95**

Positive Immunity Program

NEW!

Strengthen the immune system by mobilizing inner resources to expand consciousness, enjoy deep, restorative sleep, and direct healing energy. **8-cassette album** with 11 exercises, instruction manual. **(MT300) $99.95**

Going Home®

Going Home is the culmination of years of groundbreaking work by Robert Monroe in collaboration with Elisabeth Kubler-Ross, M.D., and Charles Tart, Ph.D. The 22 exercises in this 2-volume, 12-tape set are designed for use by people with terminal illness and by their caregivers and support groups.

2-volume, 12-tape set (MB102) $188.00

Tap into "the heartbeat of the universe"

Iasos

♥Angelic Music

In research with near-death survivors, this music was rated most similar to the "heavenly music" heard by people while officially "dead." Or let it take you for a peek into "heaven" while alive.

Cassette (TB502) $9.95, CD (TB502CD) $16.95

Elixir

Don headphones, close your eyes, and let this music create a 3D hologram that opens your higher brain centers.

Cassette (TB511) $9.95
CD (TB511CD) $16.95

♥Timeless Sound

The perfect tape (with an auto-reverse tape player) for **extended periods of deep, uninterrupted meditation**. Use it and sit in a really big space, undistracted.

Cassette (TB513) $12.95

NEW!

When I listen to Iasos' music, I feel like I am tapping into the heartbeat of the universe."
– Michael Hutchison

Jeweled Space

Non-distracting ambient music specifically designed to support **studying or other highly focused mental activity.**

Cassette (TB514) $12.95

NEW!

Steven Halpern

The father of "Ambient" and "New Age" music

Trance-ZenDance

NEW!

Cyberdelic sound shamanism for the '90s, combining space music with urban tribal rhythms.
Cassette (TB506) $9.98, CD (TB506CD) $14.98

Gifts of the Angels

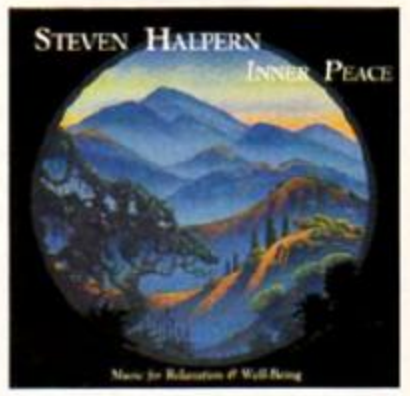
NEW!

Be surrounded with a luminous halo of sound, channelled from angelic dimensions. **Cassette (TB508) $9.98, CD (TB507CD) $14.98**

Inner Peace Video

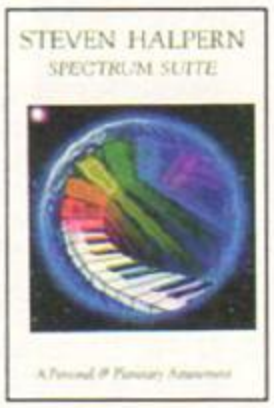
NEW!

This new award-winning video transports you to a personal oasis of serenity by combining exquisite natural images with the music of Steven Halpern. (40 min., VHS)
(TV510) $19.98



Inner Peace

Free-floating music for relaxing your brain into beneficial alpha and theta brainwave frequencies.
Cassette (TS703) $9.98, CD (TS703CD) $14.98



Spectrum Suite

Halpern's classic recording (over 500,000 sold) explores the relationship of color and sound to the human body, "tuning the chakras."
Cassette (TB504) $9.98, CD (TB504CD) $14.98

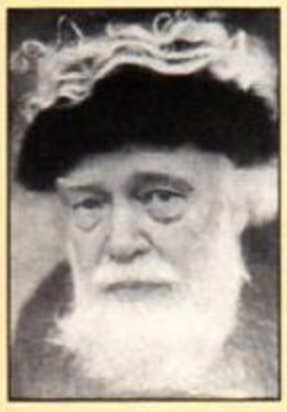
"Steven Halpern understands the essence of Ambient better than anyone else I know."
– Brian Eno

Crystal Suite

Pure quartz crystal bowls and synthesized sounds, sequenced to attune the chakras.
Cassette (TB505) $9.98
CD (TB505CD) $14.98

Healing sounds played on a new esoteric musical scale

These **Prima Sounds** CDs use a completely new musical scale tuned to the human energy (or "chakra") system. What results is a kind of "vibrational bath" designed to resonate one or more of the seven primary energy centers, facilitating relaxation, enhancing consciousness and allowing profound inner states.



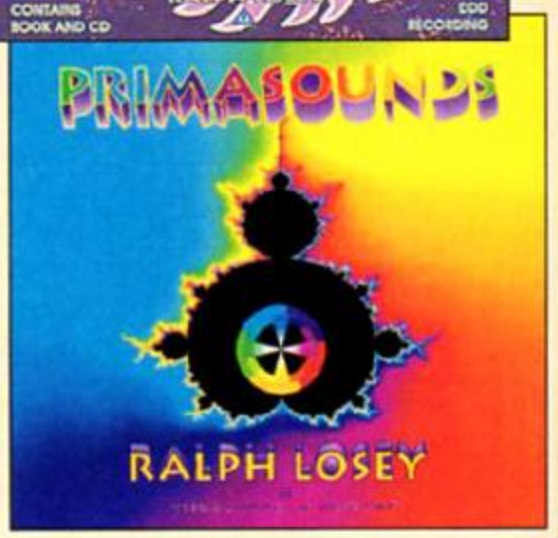
The inventor of this new musical scale is Professor Arnold Keyserling of the Academy of Applied Arts in Vienna. His former student, and the composer of the Prima Sounds music, is Ralph Losey, who has been exploring and developing chakra music over the last 20 years.

Life Tuning with Prima Sounds

The entire body participates in this powerful listening experience. *Life Tuning with Prima Sounds* comes with a 37-page booklet of essays by Dr. Arnold Keyserling and composer Ralph Losey.
Life Tuning with Prima Sounds – 60-minute CD plus booklet (TS710CD) $19.95

Prima Sounds

The second Prima Sounds CD is true "fractal music." It uses chakra resonance and carefully crafted "chaotic musical forms" to stimulate the entire human energy field for relaxation, concentration and meditation. 50 minutes of meditation + 10 minutes of chakra tones.
Prima Sounds – 60-minute CD (TS711CD) $16.95



Laws of Wisdom

by Ralph Losey, J.D.
This book provides a complete explanation of the broader philosophy behind Prima Sounds music. Photocopied paperback, 221pp **(TS712) $35.00**

Trance I & II NEW!

Two beautifully designed and conceived CD/book sets. At the back of each priceless 64-page hardbound book is a pocket containing the CD. Each book contains fascinating pictures, poems, stories and background information on each of three authentic trance music traditions. The CD gives you exquisite selections of the actual music.

Trance I: Turkish whirling dervishes; Tibetan Monks overtone chants; 19th generation Indian dhrupad.
CD and Book (hardbound, 64pp)
(BT400) $19.95

Trance II: Naqshbandi Sufis of Chinese Turkestan; Banawa tribe of Morocco; Balinese temple festival.
CD and Book (hardbound, 64pp)
(BT401) $19.95

Healing Music: NEW!

Four pioneers explore the healing power of music

with Jeffrey Thompson, Jim Oliver, Deuter, and Boris Mourashkin

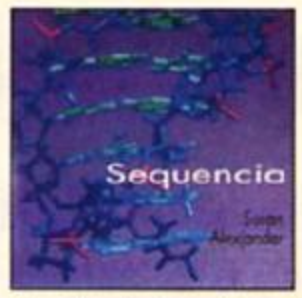
Jim Oliver: Harmonic Resonance. For fifteen years, Jim Oliver has focused on using music to heal "dis-ease, dis-stress, and dis-harmony." This recording was created in a specially designed high-tech "healing studio."

Dr. Jeffrey Thompson: Inner Dance. Using brainwave entrainment, biofeedback, bioacoustic recordings, and primordial sounds (sound archetypes we recognize biologically), Jeffrey Thompson brings technical sophistication to his healing music.

Deuter: Wind and Mountain. One of the best-known "New Age" musicians in the world, Deuter's music expresses his lifelong practice of meditation. This recording helps you let go of tension into a place of profound inner stillness, then lifts you out recharged and vibrant.

Boris Mourashkin: Points of Light. An encounter with one of the last Siberian Shamans transformed the life of young musical prodigy Boris Mourashkin. So did the discovery that music could relieve his chronic pain. Since then his life has been devoted to creating radically innovative "healing music."

Healing Music: 4 cassettes plus 48-page booklet (TB702) $29.95
Healing Music: 4 CDs plus 49-page booklet (TB702CD) $34.95



DNA Music

by Susan Alexjander
with help from David Deamer, Ph.D.

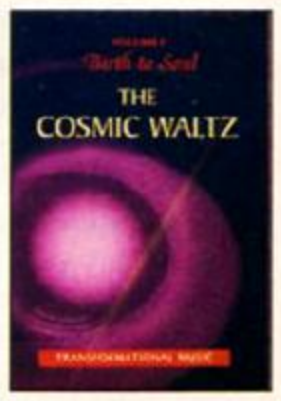
NEW!

Sometimes mysterious, sometimes playful, ***Sequencia*** is that rarest of phenomena – a joint project between an artist (composer/pianist Susan Alexjander) and a scientist (U.C. Santa Cruz cell biologist David Deamer) that succeeds as science *and* as art. It is musically eloquent, sometimes harmonic and sometimes dissonant, occasionally reminiscent of Satie, while accurately expressing through sound the actual ratios of life's molecular building blocks: its tunings are derived *entirely* from the vibrations of DNA molecules measured by wave spectrometers!

Sequencia has been widely praised and featured in ***The New York Times,*** **CNN,** and **The Discovery Channel.** Larry Dossey, M.D., has called it *"a quick step to an altered state of consciousness. There is beauty and power in it, great power."* You hear Alexjander's synthesizer complemented by violin, cello, voice, tabla and saxophone. The cassette contains a ten-minute conversation between Deamer and Alexjander; the CD does not and instead contains an extra nine-minute musical track, "Eikos."

Sequencia: Cassette (TS400) $14.95, CD (TS400CD) $19.95

The Cosmic Waltz NEW!



These recordings are a great pleasure, because they make such rich and happy use of a few simple and profound principles: The tempo is metered to 7.83 cycles per second (the Earth's "Schumann" frequency). The primary tunings of each waltz are specifically chosen to resonate the seven chakras. Subliminal voices intone names for God, Consciousness, and the Self. And the music itself moves forward sounding like a grand waltz, a stately progression of balance and harmony.

Each of the eight tracks is designed to help you focus on a specific energy center of the body. They were created to be used with breath and color visualization exercises (included) that can help the listener achieve a sense of overall balance, fullness and freedom. Everything works together to support this – tones, tempo, music, frequencies, subliminals, visualized colors, body and breath. Believe it or not, they work! (These recordings are effective even if listened to as background music.)

The Cosmic Waltz, Volume I: Birth to Soul. Includes The Joy Breath, The Cosmic Breath, The Divine Breath, and The Vision Breath.
2-tape set (TG400) $24.95

The Cosmic Waltz, Volume II: Celebration of Soul. Includes The Compassion Breath, The Unity Breath, The Clarity Breath, and the Soul-Star Breath. **2-tape set (TG401) $24.95**

Primordial Atmospheres: Mystical Sun

A full-fledged brain-sync soundtrack (emphasizing 7.83 and 1.45 Hz) *and* a highly original album of ambient music. The first seven tracks move you into serene quietude. Track 8 takes you beyond this world to a deeper one, using mind technology infused with deep human feeling. Bhante Wimala, a Buddhist monk from Sri Lanka, recorded the introduction to "Journey to Samadhi" while in deep meditation. By the time you've listened to it all, we think you'll agree that this is a great recording.

Cassette (TS311) $9.95
CD (TS311CD) $16.95

Dynamic "Sounds-in-Motion": Metasonics by Brian Caldwell

Universally well-liked. You hear multi-dimensional sound patterns that activate the flow of inner experience. Soothing, spiraling sonic energy fields evoke the sense of a dramatic inner journey and promote deeply pleasurable states.

Harmonic Brainwave Synergy

is based on the logarithmic spiral seen in spiral galaxies, the chambered nautilus, and sunflower geometry. A pleasurable, exotic experience at the alpha/theta and theta/delta borders.
Cassette (TS311) $12.98
CD (TS311CD) $16.98

Creativity Generator

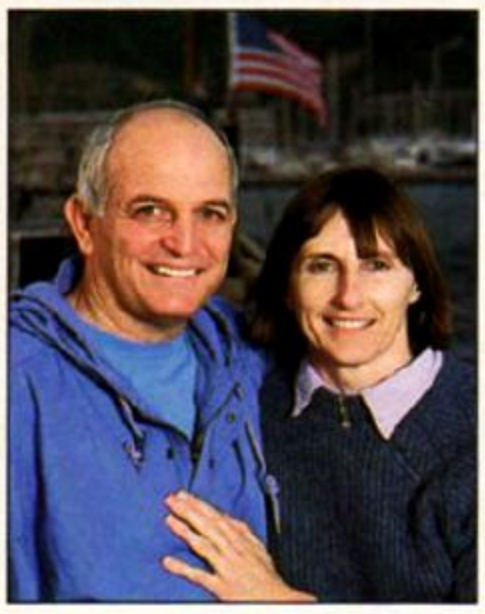
is specially designed to nurture and expand your creative abilities by heightening awareness via its dynamic inner sonic landscape.
Cassette (TB102) $12.98
CD (TB102CD) $16.98

Energy Ecstasy NEW!

Inspired by Hans Cousto's work on sacred harmonics, ***Energy Ecstasy*** orchestrates four cosmic frequencies and their harmonic overtone series into a musical journey. It begins by resonating the Earth day tone, then moves into the Earth year tone, then goes into the tone of a Platonic year, and ends with the tone of the Sun. "When our entire being resonates to universal harmonics, we connect with our source of energy-ecstasy."
Cassette (TB400) $12.98
CD (TB401CD) $16.98

A Systematic Vocabulary of Healing Music

Jack and Arden Wilken

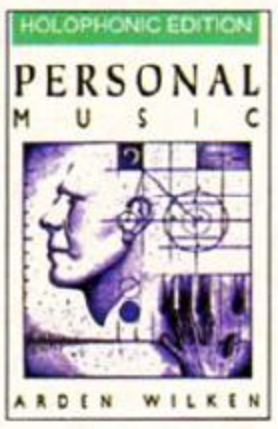


Over 16 years Jack and Arden Wilken developed a systematic musical "vocabulary" of more than 50 motifs – specific combinations of notes and rhythmic patterns, each with a unique effect. Arden combines these motifs to create highly specific effects.

Their music is further enhanced by applying the Spectrum Sound Resonance System (SSRS). This special recording technique combines several psychoacoustic effects to intensify your reception and integration of the music itself. Their unique creative form – customized personal music tapes – has been acknowledged worldwide for its deeply healing properties. Over 16 years they have created more than 8,000 customized music tapes based on photos, birthdates and personal information.

Hundred of people have expressed heartfelt appreciations to Arden and Jack for the rigorous and empathetic attention they have given to creating these uniquely personal sounds.

How to Order Your Custom Personal Music Tape



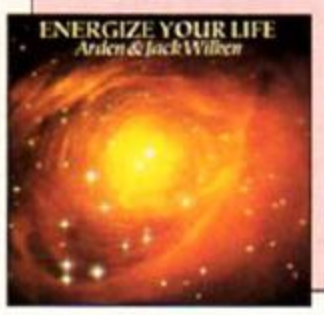
Your custom tape will be created based on information you will supply for Arden and Jack – a photo, your birthdate, and answers to a brief questionnaire, which we will send to you when we receive your order. (All information you provide is strictly confidential.) Once you complete and return the questionnaire (to Tools For Exploration), Arden and Jack will create and send you, direct from their home – a ship docked near Barcelona – a tape combining two 15-minute selections of personal music, along with complete listening instructions. (Allow 4–6 weeks for delivery of your tape.) Typically these tapes remain powerfully effective for about a year.

♥ **(AJ100) $100.00**

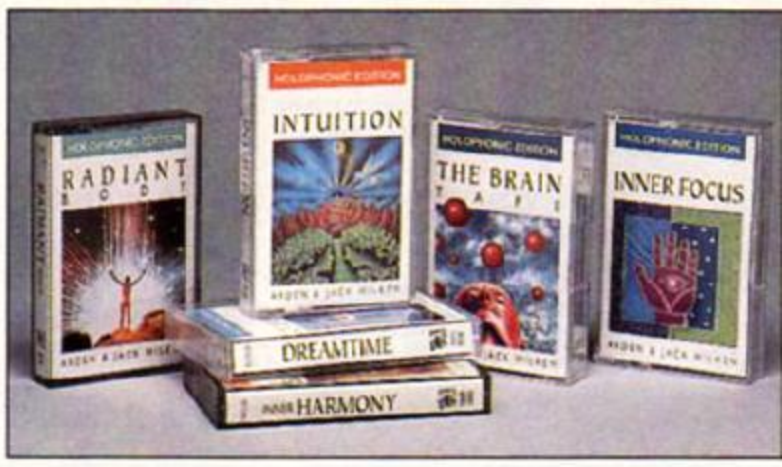
"It pulled me together... my inner self somehow aligned...It was like bodywork or Rolfing, but in musical form."
— C.W., New Mexico

Energize Your Life

By programming your CD player to combine the tracks in different sequences, you can create five 15-minute musical programs designed to enhance your creativity, self-confidence, concentration, relaxation and body awareness. Includes an informational and instructional booklet.



CD (AJ014CD) **$19.95**



The Holophonic Edition

The Wilkens' motifs, based primarily on the pentatonic scale, give this music a gentle Eastern flavor.

Each Title $16.95 (Cassette):

- **The Brain Tape.** An inward journey balances the brain. (60 minutes) **(AJ001)**
- **Deep Touch.** For massage, breath, relief of anxiety. (60 minutes) **(AJ002)**
- **Inner Focus.** For meditation & mental clarity. (44 minutes) **(AJ004)**

  Intuition. Enhances creativity & imaging. (56 minutes) **(AJ007)**
- **Magical Garden.** Use before & during birth. (60 minutes) **(AJ008)** *Also in CD* **(AJ008CD) $19.95**

  Music for Children. For the creative child in us. (48 minutes) **(AJ009)**

  Music for Healing. For crisis & rebuilding. (60 minutes) **(AJ010)**
- **Radiant Body.** For release of tension & stress. (60 minutes) **(AJ013)**

NEW! **For Fatigue.** Open the heart to forgiveness and restore grace and vitality. (65 minutes) **(AJ016)**

- **In the Sea.** Track 1: Sea sounds recorded in the Mediterranean. Track 2: Mythical sirens wafting through the sea for rapid, profound relaxation. (60 minute CD) **(AJ015CD) $19.95**

NEW!

Composed in Trance

Healing Music by Marcey

Recovering from a debilitating automobile accident changed Marcey Hamm's life, putting her in touch with energies and sources of inspiration she had never before experienced. Soon after her recovery she went into her home studio to record some meditation music for a friend.

"All of a sudden I felt like someone had pulled the planet from beneath me and I was falling continuously for 30 minutes. I remember very little of actually composing the music," Marcey admits. "I never heard it, but I could feel it deep inside of me as if it were in my cells – I became the music."

She first put this music before the public at a Dallas metaphysical fair where she offered the public a chance to hear it through headphones. Her first potential customer turned white as a sheet when he heard the music. "Young lady, I want you to know that several years ago I had a heart attack in the hospital and was pronounced dead for 16 minutes. While I was dead, I left my body and went through a tunnel of light. The music I heard towards the end of the tunnel was the same music you were playing on those headphones."

In the months that followed, Marcey began hearing from people who were reporting sudden, almost miraculous, spontaneous feelings of well-being while listening to her tape. Her music comes from "a place of love," she says. "Life exists because of a Sound Current. This music is a vehicle (for) furthering spiritual growth."

♥ Inward Harmony

65 minutes of continuous angelic music, bringing balance and harmony. Marcey's first composition has been credited with numerous healings and extraordinary phenomena. "Like being enveloped in a blanket of Divine Love."

Cassette (TMH01) **$14.95**
CD (TMH01CD) **$16.95**

Z (61 minutes)
Cassette (TMH02) **$12.95**
CD (TMH02CD) **$16.95**

Celestial Dance (65 minutes)
Cassette (TMH03) **$14.95**
CD (TMH03CD) **$16.95**

Anthem to Soul (65 minutes)
Cassette (TMH04) **$14.95**
CD (TMH04CD) **$16.95**

Dream Partner (65 minutes)
Cassette (TMH06) **$13.95**
CD (TMH06CD) **$16.95**

Special: All Five Marcey Titles

Cassette – $71.75 value (TMH07) **$64.95**
CD – $84.75 value (TMH07CD) **$74.95**

"I was having one of the worst years of my life when I heard a reporter talk about these tapes on the radio...

Paraliminal Tapes

These are some of the most intelligent, carefully produced tapes we've seen. Paul R. Scheele, developer of Paraliminal Tapes, has based them on the most advanced research in NLP, Whole Brain Linguistics, and hypnotic learning.

In most of his **Paraliminal Tapes,** Paul Scheele begins his lesson by offering a hypnotic induction to both ears. Soon, however, music begins, and a series of gentle, barely perceptible transitions eases you into the heart of the tape, where you are listening to two voices at once (both Scheele's). The right ear (which is linked to the brain's more linear left hemisphere) hears step-by-step hypnotic instruction, while the left ear (linked to the intuitive, spatially oriented right hemisphere) hears a metaphorical story. The inspirational music "anchors" the messages. The two tracks reach different aspects of your being, and their combined effect is to move you wholly and strongly in the desired direction. At times the two tracks converge, the left voice finishing a sentence or an idea begun by the right, or vice-versa. Your subconscious lights up with the message!

- **Use these tapes while awake as self-change exercises**
- **Superb "3-D sound" and first-rate music**
- **Audio techniques: Two voices & music**

The feeling of the Paraliminal Tapes is unique: they make an uncomplicated beeline toward accomplishing their stated purpose. Scheele's approach is unique in another way also. The exercises on the right track of the tape are usable separately from the left track: turn the balance knob all the way to the right and the tapes can be used to engender a behavior-changing NLP reframing exercise.

Which Paraliminal Tapes are the best? I particularly enjoy the unique, refreshing *10-Minute Supercharger* (It works!) and the excellent, rich *New Behavior Generator.* – TP

My entire life has turned around. I am happier, I have more money, I have a better relationship with my kids, I have a best friend who is a perfect companion for me."*

PARALIMINAL SPECIAL:
Buy 3 tapes, get a $14.95 tape free!

Individual Titles:

♥ **New Behavior Generator**
The most powerful and popular Paraliminal Tape. Neutralize or "reframe" behaviors that block your success. OR – use this tape to acquire new desirable behaviors. **(TP301) $34.95**

♥ **New History Generator**
Change memories and feelings to build inner strength and redirect the course of your life. Can be effective even if your memories are blocked. **(TP302) $34.95**

New Option Generator
Discover new solutions and options when faced with a dilemma or double-bind. Free your ability to generate success. **(TP303) $34.95**

Sales Leap (TP201) $24.95
Prosperity (TP202) $24.95
Ideal Weight (TP203) $24.95
Smoke-Free (TP204) $24.95
Get Around to It (TP205) $24.95
Anxiety-Free (TP206) $24.95

♥ **Dream Play**
Help program your dreams so they help change your life. (TP209) $24.95

♥ **Self-Esteem Supercharger** (TP101) $14.95

♥ **10-Minute Supercharger** (TP102) $14.95

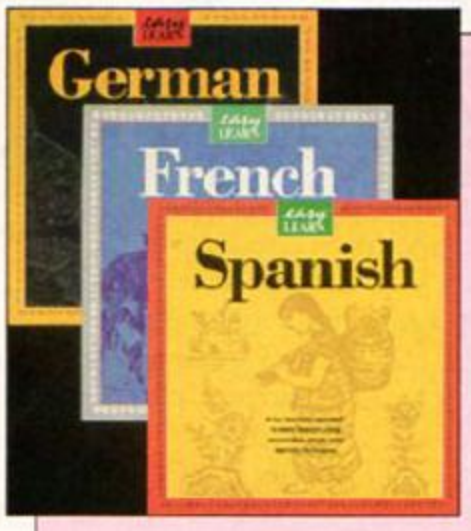
Memory Supercharger (TP103) $14.95
Personal Genius (TP108) $14.95
Perfect Health (TP109) $14.95

♥ **Instantaneous Personal Magnetism** (TP107) $14.95

Attitude Activator NEW!

The most significant predictor for determining success in all your endeavors is your attitude. Carolyn and Rex Steven Sykes *(see following page)* have created a *great* tape here.

(TI800) $24.00



EasyLearn Language Instruction

The unique EasyLearn approach is to learn a language while experiencing an audio "adventure" in a foreign country, in which you explore some aspect of that country's life such as a hot air balloon ride over Paris, or dinner in a German restaurant. In this way the learning process is gentle, fun and fast. Each program has 12 ten-minute adventures presented partly in English and partly in the new language.

If you listen to the tapes for ten minutes to an hour per day, within 30 to 60 days you can build a working vocabulary of 800 words, and pick up enough to travel comfortably in foreign countries. It's perfect for travel, business, as preparation for more intensive language training, or as a refresher course.

6 cassettes per program:
EasyLearn German (TP181) $89.95
EasyLearn Spanish (TP180) $89.95
EasyLearn French (TP182) $89.95

SPECIAL: a FREE Paraliminal Personal Genius Tape ($14.95 value) with the purchase of any EasyLearn program!

♥ Denotes a TFE Favorite

* Carol Michel, whose first Paraliminal Tape was *New Behavior Generator.*

Changeworks: "The Rolls Royce of hypnosis tapes"

Most Changeworks tapes begin with a man's or woman's voice inviting you to take a break and get into a comfortable position. But soon you hear Tom Condon talking in one ear and another voice (usually Carol Erickson) in the other, each pretty much talking about the same subject. You hear two animated, poetic monologues, spoken in a relaxing and intimate fashion and expanding on that conversation in amusing new ways. Except, you dropped deep into a trance soon after they began, and the next thing you knew the tape was over! But you're feeling more relaxed and confident, creative, intuitive, or maybe humorous.

- **Powerful yet gentle Ericksonian suggestions that respect you, the listener**
- **Awaken your latent power for positive change**
- **Packed with lifelike details that maintain interest over repeated listenings**
- **Audio techniques: Two voices, music, special effects**

Changeworks Special
3 tapes $36.00

Individual Cassettes $12.95 each:

♥ Natural Self-Confidence
This masterpiece takes you to a natural setting for experiencing new depths of confidence for power, self-esteem and success. **(TC101)**

♥ Self-Hypnosis
Visit a magical place for fresh perspectives, setting goals, reducing stress and creating positive changes. **(TC102)**

Easy Enhanced Learning (TC103)

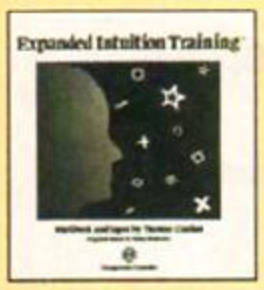
♥ **Rapid Pain Control** (TC104)

♥ **Deep Sleep & Sweet Dreams** (TC105)

Getting Past Smoking* (TC107)

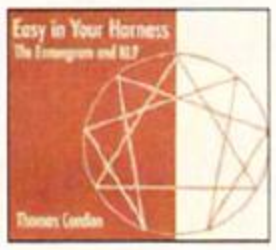
♥ **Creative Problem Solving*** (TC622)

** Tom Condon without Carol Erickson*



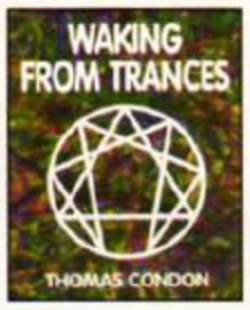
♥ The Expanded Intuition Training Series*
Gain access to your own intuitive wisdom and challenge the limits of the possible!
6 cassettes (TC601) **$69.95**

♥ Easy in Your Harness – Enneagram Tools for Change
by Thomas Condon



This comprehensive series of audiotapes illuminates Enneagram personality types with clear examples, insightful metaphors and an unfailing sense of humor. Informative and enjoyable for beginners, experts and everyone in between.
12-tape set (TC630) $84.95

♥ The Enneagram – Waking from Trances
by Thomas Condon



Learn to apply the Enneagram system to your own life. In Tape 1, Condon shows how each Enneagram personality style is a type of hypnotic trance. In Tape 2, he offers a dozen techniques to help you awaken from that trance and outgrow your particular Enneagram style. **2-tape set (TC634) $16.95**

Richard Bandler – Creator of NLP

Activate Powerful Inner Resources and Rediscover Your Passion for Living

Richard Bandler, Ph.D., is the co-creator (with John Grinder) of Neuro-Linguistic Programming,™ the science of how to create change in the conscious and other-than-conscious mind. His unique recordings, which he has called "new-age rap music," help you liberate your subconscious powers and supercharge your future. He is a compelling, gravel-voiced rock singer and showman. At the same time, he is an astoundingly skilled Ph.D. psychologist who demonstrates his uncanny grasp of internal processes with warmth and delicacy.

♥ Richard Bandler's Personal Enhancement Series

"...an incredibly effective and enjoyable way to access more of the true potential of your brain."
– Anthony Robbins

Six tapes: **Designing Your Destiny; Wealth Planning; Tenacious Resolve; Passion Enhancer; Dream Machine;** and **Life's Supercharger.**

Our recommendation as the best introduction to Bandler's work and as a program to invigorate your whole life for both practical success and deep personal happiness.

6 cassettes (TB401) $130.00

♥ Medicine Show I & II
Your neurology allows you to enter into any state you have ever experienced before. With *Welcome to Planet Earth* (Tape 1), gain a profound sense of being at home and at peace with yourself. With *Shining from the Inside Out* (Tape 2), capture and sustain the energy you feel when you are at your best.
2 cassettes (TB402) $50.00

Stepping Through Anxiety
Learn to convert past stresses into opportunities for enjoyable behaviors and feelings. Multi-vocals using hemispheric competition and brain resonance plus the best NLP techniques.
(TB404) $30.00

The Ecstasy Twins
Two powerful tapes that counteract what Bandler considers the main human problem: sheer lack of ecstasy in people's lives. Achieve new highs of passion and vigor for living.
2 cassettes (TB407) $50.00

♥ Ferocious Resolve
A live performance that instills a will of steel and the eye of the eagle in each listener. Music, sound effects and multiple vocal inductions build the attitude that leads to success in all things.
(TB408) $30.00

New Richard Bandler Tapes NEW!

♥ Meet Doctor Bandler: The Barbizon Tapes
A 3-hour introduction. Find out what Bandler's been up to for the last 25 years, from NLP to Design Human Engineering.
2 cassettes (TB410) $50.00

♥ New Millennium Maximizer
Make the most of the new millennium with this cool new blast of brilliance. **(TB440) $30.00**

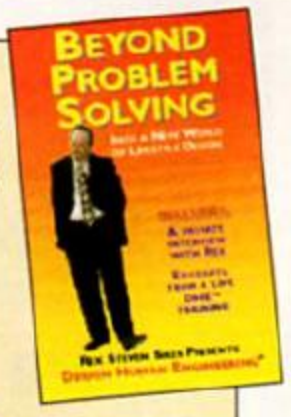
♥ Propulsion Systems
Create "internal systems" that propel you towards the life you want.
(TB441) $30.00

Neurosynchronizer Tape
Made for use with light and sound for a multisensory trip to the center of your neuro-cosmos.
(TB442) $30.00

♥ Hypnosis in Munich
This mad and magical (English language) hypnosis seminar from November 1994 is Bandler's newest; it contains some of his most advanced and playful recorded material to date.
13-tape set (TB443) $330.00

Allow up to 4 weeks extra for delivery of Richard Bandler Tapes.

Hot New Video!



♥ Beyond Problem Solving: Into a New World of Lifestyle Design NEW!
by Rex Sykes

Rex Sykes tells it like it is! Smart, funny and provocative, he teaches you to create your internal world as you want it. Learn Design Human Engineering™ (DHE) from seminar and private interview footage, plus get six pages of DHE exercises. Appropriate for beginning to advanced level.

(VI800) ~~$99.00~~ only $39.95

MAJOR PRICE REDUCTION

HPP: Hypno-Peripheral Processing™

Magical Stories That Change Lives – Effortlessly!

Erase negative thinking without even working on it consciously? Reprogram yourself for maximum success – automatically? Enjoy tangible changes in your thinking, feeling and behaving – without hard work? Is it possible?

- **Enjoy profound changes effortlessly**
- **Stories speak directly to the child within you**
- **Results substantiated by independent research**
- **Audio techniques: Two voices, music & 3-D sound frequencies**

For the Child in Everyone

Everyone loves listening to fairy tales, and the ones you hear from Dr. Lloyd Glauberman are *twice* as magical as any others you may have heard. Except you probably won't remember your incredible adventure! He tells you two stories simultaneously – one in each ear – and the best surprise in the stories may be the change you feel taking place in you. While you learn to relax to playfully mysterious musical sounds, he treats you to a double version of a timeless, myth-like saga about someone who leaves the stream of ordinary life for a fantastic adventure and returns as *a changed person.*

Putting You to Sleep

We've tried hard to follow both stories, but never have we lasted more than a few minutes. Your conscious mind quickly learns to give up trying to make sense of the two messages, and you enter a trance for the duration of your listening experience.

Effortless Changes

You emerge after 30 minutes of listening (if you decide to get up) and are likely to notice amazing changes in your feelings and behavior. And you felt like you were just hearing a story! No wonder these tapes are among our most popular, with extremely high customer satisfaction.

Confirmed by Research

These tapes have been evaluated by researchers such as Thomas Budzynski and Julian Isaacs, and their value has been confirmed time and again. They are one of the most powerful technologies available for teaching hard-to-entrain Theta brainwave states of consciousness.

Which is "best"?
It is difficult to compare and contrast individual titles among the HPP tapes, because when I listen to them I consistently go into trance. Glauberman himself is particularly proud of the albums indicated by a ♥ below, all of which I like very much. –TP

Double Cassette Albums Were ~~$40.00~~ – Only $34.95:

MAJOR PRICE REDUCTION

♥ **Changing Emotions: A Stress-Management Program**
Tape One: Building Self-Esteem and Alleviating Anxiety. Tape Two: Coping with Anger and Lifting Depression. **(TH201)**

Procrastination: A Rhythmic Approach
Tape One: Personal Power and Setting Priorities. Tape Two: Getting Started and Personal Power. **(TH202)**

Feeling Better: Mind/Body Connections
Tape One: Learning to Boost Your Immune System and Healing. Tape Two: Staying Healthy and Taking Charge of Your Life. **(TH203)**

♥ **The Quest for Excellence: Maximizing Performance for Business, Sports & the Arts**
Tape One: Setting Goals and Confidence. Tape Two: Maximizing Performance and Handling Pressure. **(TH204)**

♥ **Personal Ecology: The Complete Self-Esteem Program**
Tape One: Self-Respect and Confidence. Tape Two: Assertiveness and Relationships. **(TH205)**

Inside/Outside: The Motivational Weight-Loss Program
Tape One: Motivation and Discipline. Tape Two: Lifestyle Changes and Exercise. **(TH206)**

♥ **Tick Tock: Creative Time Management**
Tape One: Prioritizing and organizing. Tape Two: Following Through and Creativity. **(TH207)**

HPP SPECIAL
Buy 3 tapes, get 1 free!

♥ **Rekindling the Flame:**
A 30-Day Listening Program
Learn the secrets of staying in love as you hear different stories simultaneously in 3-D sound. This new four-tape audio program includes:
Tape 1 – *Communication*
Tape 2 – *Sensuality*
Tape 3 – *Sexuality: for women only*
Tape 4 – *Sexuality: for men only.*
4 cassettes (TH210) $59.95

"In a controlled study it was shown that Dr. Glauberman's HPP tapes were significantly more effective as an aid to weight loss than the other two tapes tested."
– Katherine M. Kilgore, Ph.D.

Single Cassettes: $19.95

(with Lloyd Glauberman & Philip Halboth, Ph.D.)

Relationships & Stress Management (TH101)

Stress Management & Healing (TH102)

Stress & Pain Management (TH103)

Self-Esteem & Assertiveness (TH104)

♥ **Weight Management & Substance Abuse** (TH105)

Time Management & Creativity (TH106)

Sexuality: Male & Female (TH107)

Single Cassettes: $19.95

(by Lloyd Glauberman)

♥ **Breaking Through Creative Blocks** (TH108)

Creating a Presence: Confident Public Speaking (TH109)

Try this:
Many people use HPP tapes specifically as a way to help them fall asleep!

The Mathematical Implications of the Human Heart

♥ The Freeze-Frame® Inner Fitness System

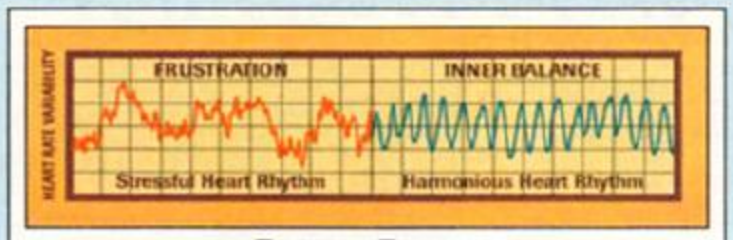
In "Freeze-Frame," "Doc" Lew Childre and the Institute of HeartMath give you a specific technique you can do very quickly, at any time, to increase intelligence and balance the body and mind. It's easy, anyone can do it, and the results are immediate. It's unique because it focuses on using the heart to help balance the mind and open the door for maximum intuition and insight.

What You Get: Everything you need to learn the basic Freeze-Frame technique and begin applying it in your life:

Freeze-Frame Video
Freeze-Frame Book
Heart Zones Audiocassette
Freeze-Frame Work Pads

The Freeze-Frame Inner Fitness Program (TB323) (a ~~$56.80~~ value) Only $49.95

*"I mark this with a ♥ because it's been a **key tool** for me personally. Believe it or not, Freeze Frame® is easy enough to be immediately useful to anyone, but that doesn't make it too basic for "advanced" practitioners, and as you grow, you don't outgrow it. It carries a profundity that grows as you grow. This package is also a great value. HIGHLY RECOMMENDED!!"*
– Terry Patten



FREEZE FRAME

♥ HeartZones

by Doc Lew Childre
The nationally recognized hit album of "Designer Music." It's designed for a specific effect: to support a heart-centered disposition. Great Listening, too.
Cassette (TB3170) $9.95
CD (TB3170CD) $15.95

♥ The Speed of Balance

A varied, delightful album of "Designer Music" for heart-centered good feelings from "Doc" Lew Childre and friends.
Cassette (TB330) $9.95
CD (TB330CD) $15.95

♥ The Hidden Power of the Heart

by Sara Paddison
A personal book exploring the universal implications of the HeartMath philosophy. *("Even though this book is the most complete description of HeartMath and my personal favorite, I recommend **beginning** your study of HeartMath with the Freeze-Frame Inner Fitness Program." – TP)*
Paperback 288pp **(TS315) $11.95**

Dr. Frank Young: Mind State Management

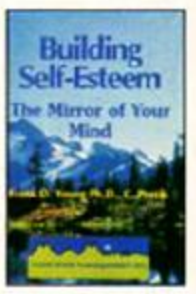
NEW!

Psychologist Frank Young applies proven therapeutic principles in these powerful audiotapes. (Special applications programs matching these audiotapes are available for the D.A.V.I.D. Paradise machines. *See page 14 and call us for details.*)

In-Psych for Sports: Imprinting the Ideal Performance State

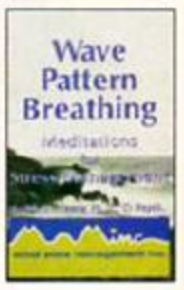
Used successfully at the highest levels of international athletic competition, this can be adapted for other competitive situations such as sales presentations or public speaking.
(TM422) $19.95

Building Self-Esteem: The Mirror of Your Mind



Using future-projection, the listener goes through a mirror to see and experience scenes of recovery, confidence and self-actualization in intimate, social, career and spiritual contexts. Especially helpful in promoting recovery from eating disorders, body image distortions, substance abuse and codependency. **(TM420) $19.95**

Wave-Pattern Breathing: Meditations for Stress Management



Wave-pattern breathing has been proven again and again to be one of the most powerful of relaxation techniques. This tape, on which the sound of stereo ocean waves enhances the hypnotic script, is designed to lower stress, combat anxiety and hyperventilation, and relieve the respiratory and digestive symptoms of stress-related patterns of dysfunction.
(TM421) $19.95

♥ Denotes a TFE Favorite

Silva Mind Mastery

The Silva Method has helped thousands of people use the power of the mind to improve many aspects of their lives. In fact, the Silva Method trained and inspired people who created many of the technologies you see in this catalog!

Silva Mind Mastery for the '90s

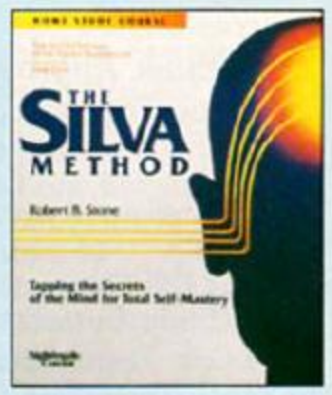
by Drs. Tag & Judith Powell
This book is a veritable "treasure trove" of the most advanced techniques of mind mastery. It teaches practical tips for goal-setting, attitude adjustment, "holographic" visualization, and more! Paperback 256pp **(TS611) $14.95**

The Silva Mind Mastery Seminar Audiocassette Album

NEW!

by Dr. Tag Powell
This 8-cassette album moves rapidly through a dazzling range of advanced Silva techniques including: instant attitude adjustment, goal-setting, better communication skills, trigger mechanisms, remembering names and faces, the holographic brain, subjective programming, and much more! Includes recordings of a Two-Day Seminar plus Mental Visualization Exercises. In vinyl library album. **(TS602) $79.95**

The Silva Method: Tapping the Secrets of the Mind for Total Self-Mastery

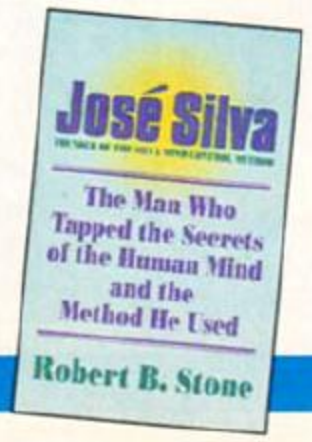


by Robert B. Stone, Ph.D.
A very professionally produced experiential, step-by-step program designed to teach you to enter deep meditative states and unleash the tremendous powers of your mind. Thorough, clear, pragmatic and easy to use.

FREE!
As a special bonus, you'll receive an extra tape featuring Jose Silva himself showing you how to reach the Alpha state.

The Silva Method – 6 Audiocassettes + Workbook + Bonus Cassette (TS601) $59.95

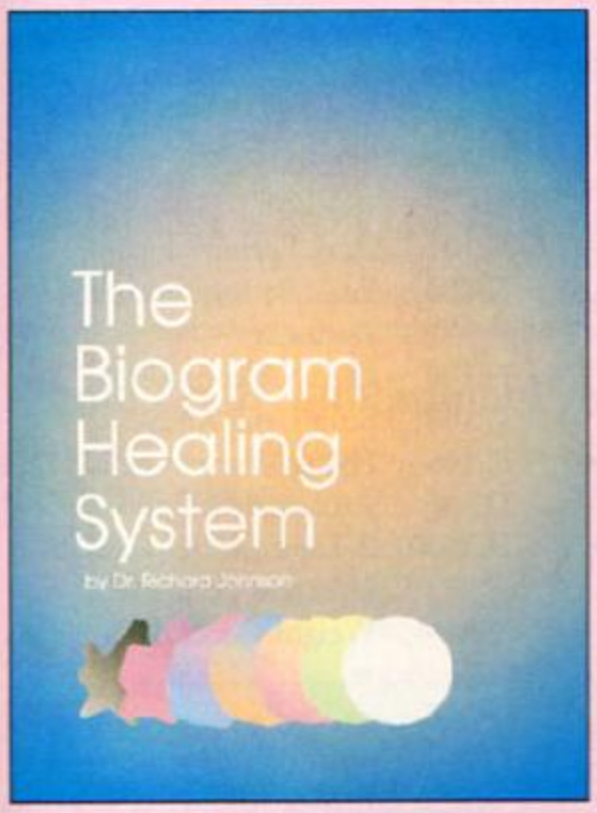
Jose Silva: The Man Who Tapped the Secrets of the Human Mind and the Method He Used



by Robert B. Stone, Ph.D.
The remarkable story of Jose Silva, who, without a day of formal education, developed the phenomenally influential Silva Mind Control technique, and taught it to millions worldwide.
Paperback 240pp **(TS610) $9.95**

Biograms Trigger Chemical Messages

A highly respected psychologist, Dr. Richard L. Johnson is the originator of the Biogram Theory of Mind/Body Communication. According to this theory, human thoughts trigger chains of amino acids that carry special chemical messages to your body. Dr. Johnson calls these messages "biograms." Transmitted by the central nervous system, biograms may provoke responses that determine how you think, act and feel. Dr. Johnson asserts that learning to work very specifically with these biograms is the key to conscious healing of both physical and emotional problems.



Unequalled Symptom Control

Dr. Johnson's visualization therapy, as presented on these tapes, has been acclaimed by a number of authorities, including those at UCLA hospital, where 65% of all symptoms were relieved in the experimental group. Their conclusion: "No other medically available therapy has been able to produce similar symptom control."

Tapes People Keep Using

Not only that – these tapes have been shown to remain effective (and actually get used!) over time – for as much as five years or more (in sharp contrast to other tapes studied).

♥ The Biogram System for Healing the Body

You hear soft background music and the subtle sound of a faint heartbeat, while the voice of Dr. Johnson guides your subconscious mind's attention to the appropriate locations in your body where emotions are produced. As you listen, you are learning how to safely release toxins and allow your body's systems to change in ways that can correct physical difficulties and promote optimum health and well-being.

6-tape set (JT001) $69.95

Healing Emotional Hurts and Painful Memories

Biogram therapy helps you purge yourself of deeply-held emotional problems and teaches you how to prevent negative emotions from taking hold.

6-tape set (JT002) $69.95

Breaking the Mental Barrier – and Winning! NEW!

Great athletes agree: **Mental strength is the key to performance.** In this excellent audio seminar, motivational expert Mannie Edelstein helps you unleash the winner within! And the principles transfer – to *any* sport, and to *any* effort where you need to be your best.

Hear firsthand from triathletes Mark Allen (five-time Iron Man Champion) and Scott Tinley (1990 Iron Man World Series); Davis Phinney (winningest cyclist in U.S. history); marathoners Joan Benoit-Samuelson (1984 Olympic Champion) and Frank Shorter (1972 Olympic Champion); and swimmer Matt Biondi (six-time Olympic Swimming Champion).

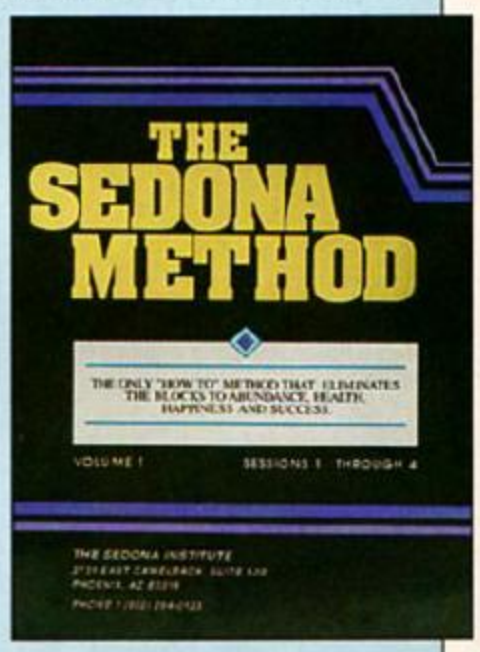
The six audiocassette themes are: Positive Thinking; Setting and Achieving Goals; Self Image and Confidence; Self-Discipline; Attitude; Self-Talk and Affirmation; and Relaxation and Visualization.

According to a report by the Neurotechnology Research Institute, these tapes are highly recommended for use with Light/Sound machines!

Breaking the Mental Barrier – 6-audiocassette album (TM100) $49.95

The Sedona Method®

Whether you realize it or not, you are a naturally successful person. But like everyone else, you have a subconscious failure mechanism that actively affects your ability to succeed. The negative thoughts and feelings in your subconscious mind are the blocks that stand between you and success.



The Sedona Method Training teaches you to recognize and eliminate these blocks the moment they arise. You'll learn to identify even the subtlest signs that your failure mechanism has been activated. You'll learn a simple, powerful, scientific way to let go of negative thoughts and feelings that interfere with your success-consciousness.

As you remove the obstacles to success, you'll unlock the energy, confidence and dynamism that make it easy to succeed. You'll look, feel and be more successful – because you'll be taking charge of your life.

Until recently, the SEDONA METHOD has only been taught at two-weekend seminars at a cost of $495. Now it is available on video-tape. When you complete the video course, you'll enjoy all the same benefits and privileges as seminar attendees – plus you'll have the video for reinforcement!

The beautiful two-volume set comes complete with 8 one-hour videos, workbooks, a chart, and easy-to-follow instructions.

The Sedona Method (TS301) Formerly ~~$395.00~~ Now $299.00

Magic Island

Relaxation for Kids

A proven relaxation aid for children aged 4-12. Using music and narration, *Magic Island* tells the story of a journey by hot air balloon to a magic island. It helps children learn how to breathe fully, soothe emotions, fall asleep, feel better when sick or hurt, and release everyday tensions and upset.

Cassette (TB501) $12.00

Stop Kidding Yourself

What stands between you and the life you want?

Your unconscious habits of thought may be ALL THAT'S HOLDING YOU BACK from achieving your goals and desires.

Extra Strength Alphasonics Subliminals – Guaranteed Results

Effective subliminals bypass the conscious mind and DIRECTLY ADDRESS the subconscious mind.

Many subliminals don't work at all. Most work only a little. New technology, however, has created tapes that do give results – dramatically and fast. So report two of the nation's leading authorities on subliminals, Drs. Lee and Joyce Shulman, authors of *Subliminal: The New Channel to Personal Power.* After conducting a thorough research project completely independent of Alphasonics, they chose these tapes for their clients and for their own personal use.

Alphasonics tapes are developed and produced under the supervision of Susannah Lippman (pictured above). The tapes use unique custom-made state-of-the-art equipment. Because of this, they are extremely expensive to produce, which is why they cost $36 each. That extraordinary technology is also why they produce such amazing RESULTS. If a tape can really help you change your behavior, it's an extremely good deal – at $36. And Alphasonics stands behind their tapes with a 365-day money-back guarantee on results.

> ***"One or two generations ahead in coordination of electronic expertise and mind-body knowledge."***
>
> **– Robert D. Doerr, Ph.D.**

ALPHASONICS SPECIAL:

Buy 4 tapes, get your 5th tape free!

The usual standard is a 30-day guarantee. Alphasonics has a FULL-YEAR GUARANTEE ON RESULTS – the longest in the industry. In over eight years, Alphasonics has received less than 2% returns on hundreds of thousands of tapes!

Remember:

- **Subliminals *have* been proven successful.**
- **Play the tape every day for 1–2 hours.**
- **Effective while you're working or otherwise occupied.**
- **Expect results in 3 weeks to 3 months.**
- **No high-speed recording to blur the sound.**

NEW! **2-tape Set: Enhancing Loving Relationships (Him & Her)**

(TL033) $59.95 Special low introductory price!

Individual Tapes – $36.00
(with a One-Year Money-Back Guarantee)

TL001	Deep Relaxation	TL021	Positive Body Image
TL002	I Can Do Anything!	TL022	Abundant Energy
TL003	Weight Control	TL023	Stop Sugar Addiction
TL004	Stop Smoking	TL024	Restful Night's Sleep
TL005	Prosperity	TL025	Constipation Relief
TL006	Psychoneuro–immunology	TL026	Assertiveness
		TL027	Time Management
TL007	Stress Management	TL028	Goal Setting
TL008	Stop Procrastination	TL029	Organized and Efficient
TL009	Self-Confidence	TL030	Sales Achievement
TL010	Memory	TL031	Winning at Exams
TL011	Joy of Learning	TL032	Releasing TMJ Stress
TL012	Concentration	TL101	Peak Performance
TL013	I Love to Exercise	TL102	Peak Performance in Business
TL014	Insomnia Relief		
TL015	Safe Driving	TL103	Living Alcohol Free
TL016	Pain Release	TL104	Stop Drug Abuse
TL017	Loving and Feeling Loved	TL105	Flying Without Fear
TL018	Joy of Life	TL106	Attracting Infinite Riches
TL019	Happiness and Laughter	TL3000	2-Tape Set: Rapid Weight Loss and Permanent Weight Control – $69.95
TL020	Healing Power		

- **Unique multi-tracking technology presents messages in real time, in a way the mind can actually absorb**
- **Effective through headphones or speakers**
- **Different scripts are sent stereophonically to specifically address the brain's left and right hemispheres**
- **Effective while you are working, watching TV or otherwise occupied**

Visual subliminals while you watch TV

MindVision™

Turn wasted TV-viewing time into productive self-improvement time. Positive messages are delivered in two ways (both just under the threshold of conscious perception): (1) they're flashed on the screen in written form, and (2) they're embedded in soothing wave sounds you hear *behind* the regular TV sound. Numerous scientific studies have indicated that when subliminal messages are presented visually *and* audibly their effectiveness is multiplied.

How MindVision works

You play one of the specially recorded 2-hour VHS videotapes on your VCR while you watch TV (or on a second VCR while you watch a video). A 5" x 4" x 1½" MindVision processor box (installed in a few minutes) flashes images and messages from the videotape onto your TV screen (over the regular programming). You control message intensity, from completely visible to subliminal, and the volume of audio subliminals (with or without TV on!).

What you get

For **less than half of original retail**, you get the MindVision Processor, full instructions, and one FREE MindVision VHS videotape (*your choice* among the first five listed at right).

MindVision (VG201) $89.95

MindVision VHS Videotapes $24.95 each

Choose ONE of these 5 titles FREE with your order of the MindVision; additional titles $24.95 each:

Winning Self-Image/Self-Confidence (VG101)
Attracting Prosperity and Success (VG102)
Powerful Memory (VG103)
Winning at Weight-Loss (VG104)
Attract Love (VG105)

Additional MindVision Titles – $24.95 each:
(Allow an extra 1-2 weeks for delivery)

Success for Children (VG106)
Successful Sales (VG108)
Enrich Relationships (VG109)
Getting Good Grades (VG110)
Cooperation in Children (VG111)
Accelerate Healing (VG112)
Longevity, Vitality & Health (VG113)
Dissolving Fear & Worry (VG115)
Stop Smoking Permanently (VG116)
Winning Athletic Performance (VG117)
Stop Eating Junk Food (VG118)
Body Beautiful (VG119)
Releasing the Past (VG120)

Subliminals Proven to Work

Whole Brain® Subliminal Technology

Cutting-Edge Technology

Dr. Eldon Taylor's exclusive patented technology delivers affirmations – spoken in male, female and child voices – to each side of the brain. This revolutionary reverse mirroring process is based on discoveries about how the right brain learns.

- **Success confirmed by numerous independent studies**
- **Exclusive patented technology**
- **Audio techniques: Two subliminal tracks, in male, female and child voices**

Effective? You Bet!

A leading research psychologist suggested we look into Dr. Taylor's subliminal audiocassettes. He said, "I've used them myself in research, and I have been astonished at the striking behavioral changes I have measured comparing them with a placebo!" Far more effective than ordinary subliminal methods, Whole Brain technology's original patent details 105 critical differences! 13 independent double-blind studies confirm that it works.

Use Anywhere, Anytime

Every Whole Brain program includes technical information as well as a list of all affirmations. Play these programs as you go about your normal activities, work and talk. Or, for extra effect, listen through headphones. Your choice of environmental sounds or specially selected background music compatible with the subliminal messages.

Whole Brain® Subliminal Programs:

All Titles only $12.95 each!

Buy any 4 and receive the 5th tape free.

ENVIRONMENTAL	MUSIC	
TE310A	TE310C	Accelerated Learning & Study
TE312A	TE312C	Advanced Memory Skills
TE315A	TE315C	♥ Enthusiastic & Motivated
TE301A	TE301C	Forever Free of Cigarettes
TE375A	TE375C	♥ Forgiving & Letting Go
TE356A	TE356C	Freedom from Depression
TE307A	TE307C	Freedom from Stress
TE318A	TE318C	♥ Have It All
TE364A	TE364C	Healing & Releasing the Emotional Pain
TE305A	TE305C	High Self-Esteem
TE308A	TE308C	Natural Self-Healing
TE303A	TE303C	No More Procrastination
TE300A	TE300C	Optimal Weight Loss
—	TE393C	♥ Optimism Plus
TE302A	TE302C	Positive Mental Attitude
TE338A	TE338C	♥ Powerful Immune System
TE368A	TE368C	♥ Using Both Halves of the Brain

NEW!

OMNI PHONICS™ AN EXPERIENCE

Using exquisite 3D sound and beautiful ambient music, Omniphonics™ CDs deliver the most advanced Whole Brain® subliminal empowerment available anywhere.

♥ Miracle Mindedness

Affirmations based on the "Course in Miracles" teachings, including: Life is a miracle; I see God in all; I extend my holy self to all in God's love; Miracles happen; I am a miracle; and others.

(TE100CD) **$15.95**

Synchronicity

Notice synchronicity and see the universe as full of meaning and information. Affirmations include: The universe is purposeful; Information unfolds from all things and all events; I pay attention to coincidence; and more.

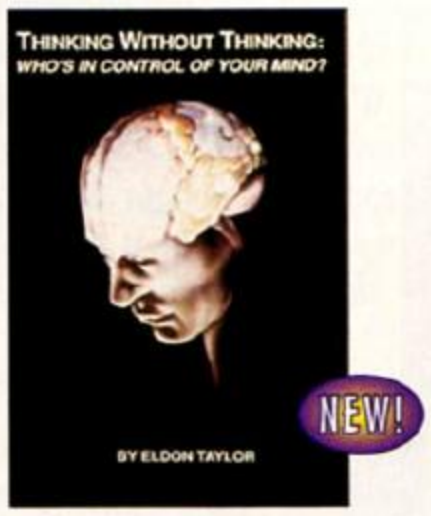
(TE101CD) **$15.95**

♥ Serenity

Imagine residing in a state of calm and peace, balanced, accepting, and clear of all unpleasantness. Affirmations include: I am relaxed; I am accepting; I am serene; I allow; My spirit guides me; I am non-combative; and more.

(TE102CD) **$15.95**

Books by Eldon Taylor, Ph.D.



Thinking Without Thinking: Who's in Control of Your Mind?

An in-depth exposé on the untold "politics" of subliminals. Dr. Taylor convincingly argues that we are profoundly influenced by subliminal communications without our knowledge, a fact that certain "debunkers" of subliminals know very well but want to keep from us.

"...blows the lid off the controversy, mis-information and dis-information that has surrounded the field of subliminal sound technology... Destined to be a classic."

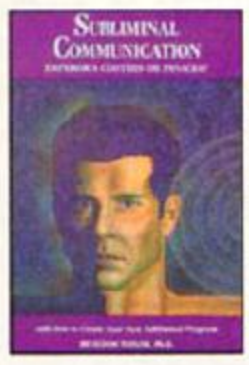
– Steven Halpern, Ph.D.

Paperback **(BE103) $27.95**

Subliminal Communication

Why do some professionals insist that subliminals work while others insist they don't? How can you recognize effective subliminals? Second edition. Paperback 131pp

(BE102) $8.95



Synergy Subliminal Videos

NEW!

Effortlessly Empower Your Life

Hear Steven Halpern's acclaimed music while you watch breathtakingly beautiful award-winning visual images, including David Fortney's evocative nature cinematography; Ken Jenkins' radiant, kaleidoscopic dances of color; Blair Robbins' magical wilderness scenes; the time-honored abstract film animation of Jordan Belson; and Jason Loam's ethereal patterns of light. As you watch, the effect is calming, centering and expansive.

Filmmaker Richard Ajathan Gero integrates his own unique gossamer-like images with these others, adding subliminal visual affirmations that are undetectable by the conscious mind. Steven Halpern has impregnated his music with audio subliminal messages designed to be absorbed by your subconscious. Audio-visual synergy magnifies the power of the uplifting subconscious change messages you receive.

Use in three ways: (1) substitute for commercials while watching TV; (2) watch like a regular TV program upon arising, before bed, or anytime, for an uplifting "meditation" break; or (3) play it in the background as you exercise, work, play, etc.

Each 20 minute VHS video contains seven 2-3 minute segments.

$19.95 each:

Ideal Weight (VS105)

♥ **Improved Memory (VS104)**

♥ **Prosperity (VS103)**

Relaxation (VS100)

Self-Confidence (VS102)

♥ **Self-Healing (VS101)**

SAVE! All 6 Videos (VS106) ~~$119.70~~ value, $99.95

"Maybe the power lines made her jumpy..."

"Our five-year old daughter, Lisa, had trouble falling asleep at night. We read stories to her and cuddled her, but she still tossed and turned. Our family life was happy, and the doctor said she was a perfectly healthy little girl, so we decided to do some research on our own. We learned that potentially hazardous electromagnetic fields can cause all sorts of problems. These fields can vary dramatically from one spot to another, even in a small room. We bought an electromagnetic field meter and found "hot spots" near Lisa's bed that were caused by a transformer outside. The solution was simple: we moved the bed across the room, and Lisa's been having sweet dreams ever since."

MOVING?

Make sure to check electromagnetic field levels before you sign. Also, moving or not, check levels in bedrooms – make sure beds are in low radiation areas.

The TriField Meter

This meter has three easy-to-read scales, red-lined to show field levels that may be harmful. It measures electric and magnetic and radio and microwaves in the X, Y and Z axes simultaneously, without tipping and turning the meter. Test microwave oven door gaskets, appliances, cellular phones, computers, TVs and other electronic equipment.

Instead of simply rendering actual milligauss fields present, the TriField compensates for differences among magnetic field frequencies to accurately indicate the *electrical currents induced within the human body*. Measures electrical and magnetic fields from 50 Hz to 100 KHz, radios from 30 MHz to 3 GHz. All in all, you get a tremendous amount of information considering the TriField Meter's low price. Includes 1-year limited warranty, 9V battery, and instructions.

The TriField Meter

Calibrated to U.S. current ~~$169.00~~ **value (AL901) $139.95**

Calibrated to European current ~~$179.00~~ **value (AL920) $149.95**

Teslatronics 710 Triaxial Milligauss Meter

NEW!

For only $200, this meter offers you a level of technical excellence that makes it a top choice of electrical utility companies for measuring potentially hazardous AC magnetic fields. In contrast to the TriField meter, whose weighted AC magnetic reading is geared to show you the electrical current those fields would induce in human tissue, the **Teslatronics 710** is geared to *produce the accurate milligauss numbers required for scientific or legal purposes.* It has the perfect combination of ease of use, accuracy (± 2%), and affordability. At 5 ounces, this unit offers an elegant 3 digit LCD display, and runs for 50 hours on one 9V battery (included). Calibrated to 60 Hz, it measures 25 Hz to 1 KHz from 0.1-511 mG.

Teslatronics 710 EMF Meter (AL980) $199.95

The MSI Meter

Offers professional, accurate EMF readings at 2 settings: (1) 60 Hz and 180 Hz AC magnetic fields, and (2) harmonics up to 55 KHz. The attached magnetic field sensor (included) can be turned easily to measure the true field. Optional E-100 sensor measures electric fields.

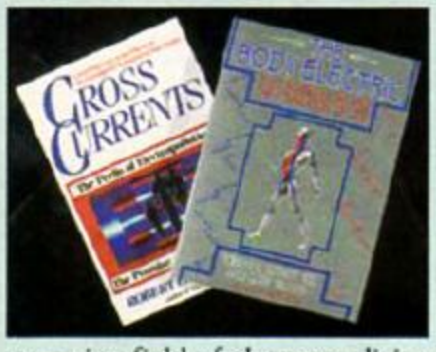
MS20/25 MSI Meter (AL930) ~~$250.00~~ **$235.00**

E-100 Electric field sensor accessory (AL931) $50.00

The Screen ELF™

This ionizer was designed to sit atop your computer and spray a barrier of negative ions between you and the monitor, eliminating static and positive ions, the very factors that cause discomfort in 75% of computer users, *without* negatively affecting your equipment. **(ET603) $69.95**

Books and Videos on Electromagnetism



Cross Currents and The Body Electric

by Dr. Robert O. Becker

Cross Currents has been hailed as "the single best guide on electro-biology now available." Jeremy Rifkin calls it "a fascinating, thoughtful, and accessible account of the emerging field of electromedicine. A timely and alarming warning on the hazards of electropollution."

Paperback 336pp **(EB103) $12.95**

The Body Electric (coauthored with Gary Seldon) tells the exciting story of the career and progressive insights of the foremost pioneer in bio-electromagnetics. Paperback 354pp **(EB101) $10.95**

Tracing EMFs in Building Wiring and Grounding

by Karl Riley

The first trouble-shooting guide that tells you exactly how to get rid of the most common cause of dangerous magnetic fields (over 3mG) in substantial areas of living space – wiring errors that can be located and corrected. Superlative praise from electricians and homeowners.

Paperback 70pp **(EB107) $27.50**

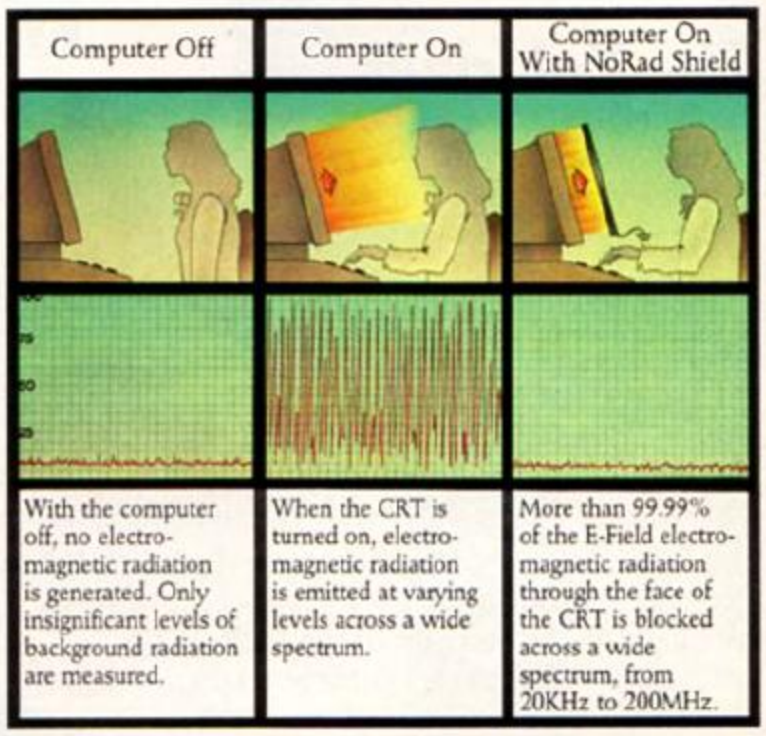
Current Switch: The Video – How to Reduce or Eliminate Electromagnetic Pollution in the Home & Office

by John and Trish Banta

The only full practical guide to minimizing exposure to unwanted manmade electromagnetic fields. It includes step-by-step information on dealing with electric blankets, water beds, computers, electronic equipment, microwave ovens, high tension lines, microwave transmitters, radar, and household wiring. It shows you how to map the hazards in your home environment, rearrange appliances and check wiring for proper phasing and grounding. **(EB501) $29.95**

"My computer and I are finally on the same wavelength..."

"My job requires that I sit in front of a computer for nearly eight hours a day. When I got home in the evenings, I'd often feel exhausted and irritable, even if I hadn't had a particularly demanding day. My wife suggested that computer radiation could be contributing to my fatigue, so I bought the NoRad™ Shield and the ELF ProTech™. I immediately noticed a huge improvement. I still have the occasional tough day at the office, but I feel better knowing that computer stress is one part of my job I'll never have to bring home."



NoRad™ Shield

Improve your monitor's optical quality, with reduced glare and increased contrast. Independent tests have demonstrated that the NoRad is one of the most effective radiation shields on the market, blocking 99.99% of electrical radiation and more than 50% of magnetic radiation. The NoRad also reduces static electricity, which virtually eliminates dust accumulating on your monitor. For monitors below 17" we carry NoRad's conductive mesh shield, our preferred style for these standard monitors. For monitors 17" and over, we carry the NoRad UltraGlass™ shield – our preference for very large monitors.

Just measure your screen (see diagram) and provide your manufacturer/model number. 1-year warranty. Please allow up to an extra 10 days for delivery.

How to measure your computer monitor

Measure the distance from the top left corner of the display tube to the bottom right corner

NoRad Shields

(ET803) $139.00 Fits most 12" displays

(ET804) $139.00 Fits most 13"-14" displays

(ET805) $139.00 Fits most 15" displays

(ET806) $139.00 Fits Apple Mac SE, Plus, Classic

NoRad UltraGlass Shields

(ET810) $249.00 Fits most 16"-17" displays

(ET811) $279.00 Fits most 19" displays

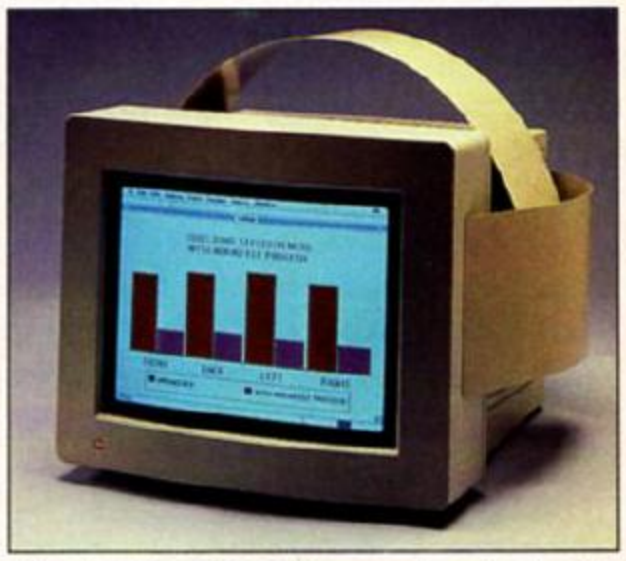
(ET812) $279.00 Fits most 20" displays

(ET813) $299.00 Fits most 21" displays

ELF ProTech

"Shrink" your monitor's electromagnetic field!

The NoRad ELF ProTech does the heretofore "impossible": it actually cuts down stubborn computer monitor AC magnetic fields below stringent Swedish standards, inexpensively and easily! It works by "warping" your monitor's field, shrinking it away from where you would otherwise be exposed.



Two simple, attractive bands, attached by Velcro, are looped over the top and back of your monitor. Fields are attenuated in front, behind, above, and on all sides. The ProTech is designed to fit and be effective on monitors of every size and shape. For large monitors, two bands are attached to each other to form a longer band. Any computer can be treated with the right number of identical bands. Typically, fields are reduced to levels well below 2.5 milligauss at the user position. Install it in minutes. Many users report feeling an immediate difference.

For 9" to 11" displays. Includes PCs and small Mac screens. (2 strips) **(ET611) $65.00**

For 12" to 15" displays. Includes most PCs, Mac 14" RGB and IBM PS/2. (3 strips) **(ET615) $98.00**

For 16" to 21" displays. Includes many TVs, E-Machines T-16, and Radius Two-Page Display. (4 strips) **(ET621) $131.00**

Extra Shielding Panels. To expand any system to accommodate a larger display. **(ET699) $37.00**

Is RF what's bugging you?

Shieldworks™ protects your head and body

It began with the Cybercap™, and now you can get an eyemask, scarf, apron or blanket, all constructed of state-of-the-art radio frequency (RF)-reflecting material, previously available only in sophisticated defense intelligence and industrial shielding applications.

During frequent travel between Australia, Europe and America, developer Bruce Olive noticed an ever-increasing difference in ambient "mind noise" between the continents

– Europe and America seemed to get more and more "hyper," while Australia remained relatively calm. Looking for personal RF shielding, he found a powerful new RF-reflecting material that made the difference he was looking for. When a Qigong Master pronounced the Cybercap the "hat of quietude," the inventor knew he was on to something.

All products provide 50 to 90 dB attenuation of AM through mid-microwave, including radar, via their RF reflective properties.

Shieldworks Cybercap. Copper-colored baseball style cap with detachable drape for extra shielding for the back of the head. One size fits all. **(HQ101) $39.95**

NEW!

Covered in black cotton/polyester twill fabric:

Shieldworks Eyeshade. For sleep or meditation. Very soothing. **(HQ102) $25.00**

Shieldworks Scarf. Attractive, versatile and comfortable 28" triangle. **(HQ103) $39.95**

Shieldworks Apron. Perfect for computer users and microwave chefs. **Small (36"-38" chest) (HQ105), Medium (40"-44") (HQ106), and Large (46"-48") (HQ107): $124.95**

Shieldworks Sheet. Wrap yourself in this 54" x 72" sheet for sanctuary, sleep, meditation or energy work. **(HQ104) $220.00**

Classic "Polarizer" Products: They Really Work

The Polarizer

Rarely do products engender such overwhelming and consistent positive feedback from customers as the Polarizer products. Everybody seems to love them! Glowing word-of-mouth reports persuaded us to add them to our catalog. Over four years later, we're very glad we did.

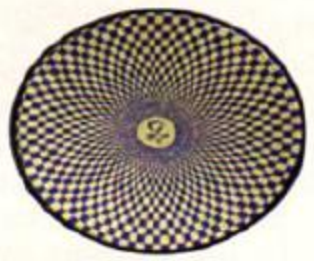
The Polarizer has been described as "a complex antenna system which absorbs, realigns, concentrates and reradiates an infinitely broad spectrum of wavelengths, protecting us from electromagnetic pollution and amplifying the auras of biological systems by clearing interference." Applied kinesiologists consistently test the Polarizer as a product which returns us from a "weak" response to a "strong" one. When the Polarizer is applied to you or to your electrical system, the effects usually register with kinesiological (muscle) testing.

The Polarizer products contain several powerful elements, including a small "Lahkovsky Coil" – coils of metal wire used by the inventor of the Multi-Wave Oscillator in his famous experiments on geranium plants. Even though we don't pretend to understand how the Polarizer products work, this catalog wouldn't be complete without them. People want results, and they don't care if they come from "science" or "magic." By whatever process, the consensus about the Polarizer seems unequivocal.

All types of polarizers come with complete instructions.

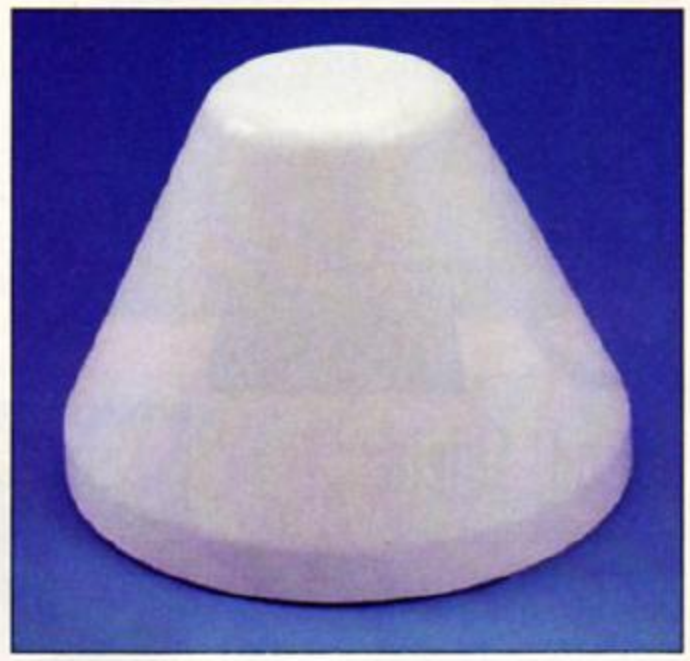
The Polarizer Disc

Carry this pocket-sized polarizer in your energy field or use it on your chakras, acupuncture points, ears, hands or feet. **(PP852) $15.00**



The Polarizer Cone

Place it on an electrical wire to broadcast harmonious vibrations throughout your building via the whole wiring system. Only one cone is needed per home or office. **(PP851) $75.00**



The Car Polarizer

Plug it into your cigarette lighter socket and feel the difference immediately. Use it on long drives or in heavy traffic. Kirlian photographs have repeatedly shown dramatic changes in the aura that seem to correlate with the improved energy many people feel after the long drive home. **(PP861) $45.00**

Cook Ener-G Polari-T Diodes

These diode products were designed by Wayne and Wanda Cook as a counterforce against low-level radiation from electromagnetic fields. They are widely known among dowsers and energetic healers for their consistent benefits. They give your electrical system an extra boost to hold your energies in balance.

Pocket Diode

Wear this personal diode on the left side of the body with the label towards the body whenever you enter environments containing low-level radiation. (1" x 1" x 1/4") **(DC001) $13.50**

Slim Pocket Diode

A thinner version of the Pocket Diode that can fit easily into a billfold. Wear on the left side of the body with the label side towards the body. (2 1/8" x 1 5/8" x 1/8") **(DC002) $15.50**

Fixture Diode

Double-faced tape affixed to the Fixture Diode allows quick and easy application to fluorescent lights, cellular phones and small office equipment. (2" x 1 1/8" x 1/4") **(DC003) $16.50**

Equipment Diode

Double-faced tape affixed to the Equipment Diode allows quick and easy application to X-ray equipment, microwave ovens, TVs and computers. (2 1/8" x 1 5/8" x 1/4") **(DC004) $17.50**

Dio-Pad

A soft, flexible pad that aids in relieving body stress, tension and jet lag. Sit on it when flying or driving. The pad can also be used as a large transmutation plaque. (20" x 14" x 1") **(DC005) $65.00**

Diode Jewelry

This attractive jewelry is designed in semi-precious gems, stones and crystal. The Natural Diode Formula is positioned unobtrusively so that the stone or crystal magnifies its effect.

Three-Dimensional Pyramid

Cut from Brazilian crystal, with diode material on the base, the crystal magnifies the effect. 1/4" to 1/2" crystal in gold, without chain. **(DC006) $28.00**

Drop Crystal

This quartz crystal has diode material on the top and magnifies its effect on the body. 1" to 1 1/2" crystal, without chain. **(DC008) $30.00**

Aventurine Triangle Necklace

The triangle on this elegant, simple necklace measures 1 3/8" and comes with a fine gold chain. **(DC007) $55.00**

Copper Bracelet

This eye-catching bracelet has diode material on the inner surface. Wear on your left wrist.

(DC009) $20.00

The Earth Energy Pendant II NEW!

Ground yourself with an attractive antenna tuned to Mother Earth's nurturing energy. Engineer/scientist Anji Dea had made a career out of measuring geomagnetism when he discovered the secret behind harnessing earth energy: Earth energy follows earth magnetism. He frequently worked with alloys (like "mu metal") that have unique magnetic properties. He noticed that when he held one such high-tech nickel alloy, his hand began to "buzz" with energy. When people wore it, the energy associated with the thymus center was activated while their energy field became grounded, centered and focused. He theorized that the earth energy alloy collects the earth's natural 7.83 Hz field in a protective shield. Later, he added an attractive silver setting and a Takionic® Energy Bead because the refined energy of the tachyon stone "rides" on the powerful flow of earth energy, creating a result that is strong, soothing and clear. The Earth Energy Pendant II is laboratory-treated to strengthen the pendant's grounding and centering effects. Comes with silken cord, instructions and velveteen gift pouch. Patent pending.

Earth Energy Pendant II (EB200) $109.95
Gold-Plated Earth Energy Pendant (EB201) $135.00

Clarus Environmental Systems

The Clarus technology combines compact hardware and software to establish "coherence" in electricity and electromagnetic fields. This neutralizes negative effects people experience from random electromagnetic radiation.

Clarus has been shown again and again to reduce errors in the functioning of electronic equipment, including professional audio and video equipment and even supercomputers. Remove Clarus, and the errors return. In a double-blind study, Clarus produced dramatic reductions in incidents of antisocial behavior in special education classes. Only for use on 110V, 60 Hz.

CL100

Clock-based unit covers up to 3500 square feet. List $295.

(ET303) Special Price $195.00

EMFClear 3

3-outlet surge protector for computer terminals and TVs. List $149.

(ET305) Special Price $99.00

EMFClear 6

6-outlet surge protector for computer terminals and TVs. List $179.

(ET307) Special Price $119.00

CarClear

Device for electrical system plugs into cigarette lighter and clears car interior. List $149.

(ET308) Special Price $99.00

Clarus "Ally"

Creates coherence not just in electromagnetic fields but also in your personal energy fields for subtle alignment and intuitive quickening. List $495.

(ET306) Special Price $395.00

The BioElectric Shield

A crystal-controlled pacemaker for your body's natural energy field

This beautiful, unusual piece of jewelry acts as an energy balancer and energetic "mirror," reinforcing your body's natural energy field while also helping you cope with the energy overload and stress of daily life. Quartz crystals and other minerals are precision-cut and carefully arranged to stabilize your energy field. The felt effect can be calming, strengthening and normalizing.

BioElectric Shields are extensively worn and appreciated by computer users and office professionals. When we wear ours, we notice that we feel more balanced, focused and productive. Several systematic programs of kinesiological and meridian testing have confirmed a 75% boost in measures of energetic well-being. The Shield looks terrific, and you'll love the way you feel. It features an attractive "turtle" design, with five contrasting tabs, and comes with an attractive purple cord and full instructions.

The BioElectric Shield: Sterling silver with goldtone tabs (EB007) $139.95

Keychain BioElectric Shield: Silver with brass tabs (EB006) $144.95

Sterling Silver Snake Chain – $29.95
20" (EB009), 24" (EB010), or 30" (EB011)

14K Gold-filled Rope Chain – $34.95
20" (EB012), 24" (EB013), or 30" (EB014)

International customers require special shields (EB019) $159.95

BioElectric Shield Video NEW!

Dr. Charles Brown, the Board-Certified Chiropractic Neurologist who designed the BioElectric Shield, has cooperated in the production of a fascinating, informative, fast-paced, professional video showing how the Shield works. Highly recommended. VHS videotape. **(BV001) $6.95**

Let Electronic "Phase Resonance" Reinforce Your Aura

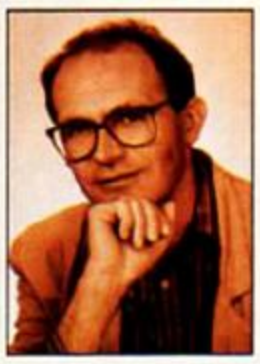
The E-Chip™ from Clarus

This attractive pendant "tunes in" to your energy field, then strengthens it while "cleaning it up." It contains an advanced "transponder-type field pick-up antenna" by which it picks up its power source – your own biomagnetic and bioelectric energy field. An integrated computer logic chip with proprietary software rectifies and amplifies your primal energy, or "chi."

It helps align your etheric body, or aura, with your physical body through a principle called "phase resonance." It also reduces the noise-to-signal ratio within your energy field, and it helps align and solidify the connection or integration between your mind and body. Just try it.

The E-Chip™ Pendant (ET310)
Retail ~~$199.95~~ Special Price $149.95

How fast can you spin the Egely Wheel?



Place this elegant 3" x 5" x 1.5" device on a horizontal surface, remove the plastic cover, and cup your hand around its curved upper surface as shown in the product logo. Avoid drafts or other disturbances. After 30 to 60 seconds, the ultra-lightweight mylar-like wheel will begin to rotate spontaneously on its tiny balance point! As you relax, it may turn faster.

Its inventor is Dr. George Egely, a Hungarian mechanical engineer and physicist with specialized expertise in thermodynamics and energy transfer. After thousands of sessions with hundreds of subjects, he found that those with the highest levels of "vitality" can make it turn fastest. Extroverted "charismatic" personalities, healers, and independent nonconformists tended to show the highest scores; more passive, inward personalities scored lower; and the lowest readings were scored by people who were depressed or ill. The highest reading he encountered came from the mathematician Erno Rubik, the developer of Rubik's Cube.

Internal electronics measure the speed of rotation, and a state-of-the-art flashing, colored LED display lights up your score, from 0 to 400 (the "average" range is near 100). We quickly realized that it was not helpful to worry about low scores; however, we found it useful to compete against ourselves, endeavoring to raise our personal "vitality quotient" and noticing under what circumstances we registered higher or lower readings. Whether or not it is an inclusive measure of your overall vitality, it certainly is a measure of the energy emanating from your hand that causes the rotation, and therefore it offers an "objective" measure of the strength of that aspect of your aura or energy field.

The little wheel is fragile, so be careful when you remove the plastic case. But if you use it properly, your Egely wheel should give you years of service. Powered by one 9V battery (included). 3-month warranty. FREE bonus: instructional VHS video!

(NEG01) Egely Wheel $159.95
(NEG02) Replacement Wheel $4.95

Proven Intuition Training Software Psychic Reward 2.0 — in Color!

Alan Vaughn

It's the first scientifically proven system we've found for training your intuitive powers. No other intuition trainer we are aware of comes close in effectiveness. Created by researchers Alan Vaughan and Jack Houck, Psychic Reward can help increase your ability to sense the future – and sensing the future is *the key to successful decisions* in every area of life, from investment to marriage.

You play Psychic Reward as you would a roulette wheel. First, you predict which of the wheel's 26 slots (the letters A-Z) will be chosen as the random target by the computer. Then the computer displays its selection. Unlike roulette, the closer you get to the target, the more you win in money score points.

At first you will probably try to make logical predictions, which produce low scores. Then there will be that "subtle moment" when you simply "let go" and your intuition takes over. Bingo! Your scores will climb!

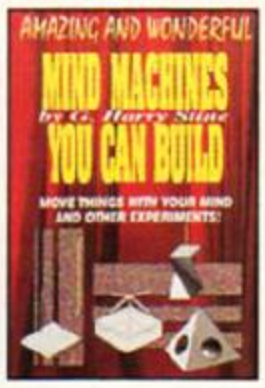
A graph records your progress over three series of 20 tests. Then the program gives odds against chance for how much your intuition improved. **A recent scientific study shows that the odds against chance for trainees' significant improvement of intuitive skills are an amazing 75 million to 1!**

Psychic Reward Software

DOS 5¼" (PR001) ~~$49.95~~ $29.95
DOS 3½" (PR002) ~~$49.95~~ $29.95
Macintosh (PR003M) ~~$49.95~~ $29.95

Mind Machines You Can Build

Great for science fair projects!



by G. Harry Stine

A collection of "how-to" instructions for a fascinating array of "psychotronic" and dowsing tools that use powers of your mind in practical ways. Speed or retard reactions; find water or lost objects; move physical objects with mental energy.

Paperback 208pp **(IB001) $13.95**

"...vastly entertaining...offers much fun to all of us who refuse to believe that everything worthwhile has by now been discovered."
– Gene Roddenberry, Creator of *Star Trek*

The Energy Wheel® NEW!

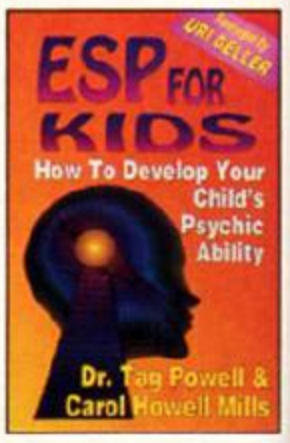
This simple cardboard-and-plastic psychic motor was designed by engineer Gerald Loe. Featured in the book *Mind Machines You Can Build,* this easy kit is packaged in a book-size box with complete instructions. Extremely sensitive (though not standardized like the Egely Wheel, above). **(BT100) $9.95**

ESP for Kids: How to Develop Your Child's Psychic Ability NEW!

by Dr. Tag Powell and Carol Howell Mills

Foreword by Uri Geller

So practical and in-depth, it's widely used by adults! You and your child can open doors to a wondrous, awe-inspiring adventure to awaken and amplify both of your natural psychic talents. These fun games really work – in fact, they're tested and proven methods for everything from banishing nightmares to intuiting the future, from meditating to healing. Paperback 188pp **(BT200) $12.95**



Aura Imaging

The Aura Camera 6000

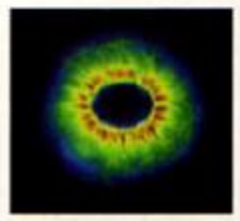
Since 1970, California researcher Guy Coggins has progressively refined what appears to be the most successful technology for photographing auras around the upper body and head. The subject sits in front of a conductive screen and holds hand probes which introduce small amounts of current into the body. RF transmissions through the subject's aura register on the grid. The equipment translates variations created by the body's electromagnetic field into light and color, re-creating the auric image on film, superimposed on a normal visual image of the face and upper body. The built-in computer-based aura analyzer automatically prints a narrative aura photo analysis. The Aura Camera 6000 is specifically designed for professional settings because it's able to provide meaningful "before" and "after" photos. Clients may gain deep personal insight into emotional states, health and spiritual well-being. A professional product *(see box, page 42).*

Aura Camera 6000 (NS400) $9,698.00 NEW!

Kirlian Cameras

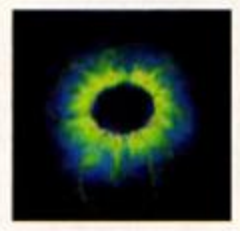
Since its invention by Semyon and Valentina Kirlian, Kirlian photography has become the best-known and most-studied technique in the world for objectively measuring the body's energy fields. With human beings, kirlian imaging is usually used to photograph fingertips and toes (meridian end-points). Many people are familiar with Kirlian photographs of leaves, such as the "phantom leaf" phenomenon. Here you will find the best Kirlian cameras available in the USA – from the only source here with 20 years of experience. Allow an extra 2 to 6 weeks for delivery. Professional products *(see box, page 42).*

Instant Kirlian Camera. Very small and portable (3" x 5" x 7"; 1 lb.). Takes B&W with Polaroid film, Color with instant Fuji film. Lightproof sleeve. Powered by two 9V batteries (included).



(NS205) $599.95

KP-40. 8" x 10" electrode plate, calibrated timer, fully adjustable frequency, polarity and voltage control. Uses 35mm film. **(NS202) $995.00**



Polaroid Attachment for KP-40 (NS210) $120.00

Auras – see also: Aura Goggles and book (p. 32) and Valerie Hunt (p. 4)

The Amazing SE-5

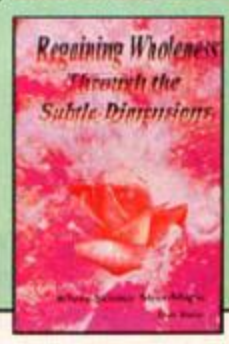
The SE-5 is a sophisticated, easy-to-use, computer-based psionic instrument that is used to measure and balance subtle fields. Using a tuning number, word or geometric symbol, the SE-5 can be used to potentize substances or program crystals. It can also be used to help clear negative energies, find ideal locations to live or work, identify business opportunities, search for lost articles or people, attract business, balance chakras, grow food organically, and much more.

The SE-5 Biofield Analyzer (NE223)
Non-returnable; Call for pricing.

Regaining Wholeness Through the Subtle Dimensions: Where Science Meets Magic

by Don Paris

This adventuresome, easy-to-read peek into the world of quantum probability brings to light the everyday uses of the SE-5 and how it can enhance synchronicity – the kind of experience that seems so perfectly timed and exact that it seems to be orchestrated by higher forces. Paperback 160pp.



(NE221) $12.95

The Pulse of the Planet – Electronically

Since the beginning of life on Earth, all living things have been bathed in the rhythmic pulsation of the Earth's natural frequency, the "Schumann Resonance" (7.83 cycles per second) – sometimes called "the brain wave of the planet."

Unfortunately, today most of us are exposed almost continually to a wide range of artificial electromagnetic signals. Some scientists believe that this "electromagnetic pollution" masks the natural, beneficial Earth Pulse. Some researchers believe that a scalar field generator pulsed near 7.83 Hz can help us counter the effects of man-made electromagnetic fields by providing a healthy "metronome."

Included here are several tools that produce magnetic fields with the pulsing rhythm of the Earth itself. They subtly replicate the rhythmic signal of the planet.

The Micro-Harmonizer™

The MicroHarmonizer is attractive and convenient, with an excellent slimline case, unbreakable metal belt-clip, and easy-to-use switches. About the size of the smallest pager, it fits neatly in your pocket or clips to your belt. A high-quality scalar signal generator with frequency-stabilized 7.83 Hz output, optional 3.91 Hz setting, both at either low or high.

(PE603) $119.00

The SpaceCrafter™

Use to counteract geopathic zones, ley lines, or a combination of such factors such as the dreaded "double grid" – or simply to clean the leftover energies in a hotel room or therapy office. Designed by Peter Lindemann, the SpaceCrafter electronically normalizes the energy field of your indoor environment across a whole spectrum of frequencies. Measures 8" x 5" x 1½". Batteries included. Custom-built to order and non-returnable. Limited lifetime warranty. **(PE601) $495.00**

The Teslar Watch

"The watch that protects." This is *the* classic scalar product. Why? (1) There's no easier, more convenient way to remember to keep it with you; and (2) the watches themselves are very attractive. Backed by research. These watches have analog (dial) faces and the chip with "the brainwave of the planet." They're simple black and white watches without "frills" – most people like them very much. Usually in stock, but occasional back-orders mean you should allow up to an extra 3 weeks for delivery.

Men's (PE664) $79.99

Women's (PE665) $79.99

Products from Ann Johnson
A Subtle Energy Master

The Rainbow Crossings products by Ann Johnson consist (except where noted) of clear acrylic vials filled with purified water and inert gases. Each has been permanently imprinted with a unique quality of energy. Use of these vials is simple: Immerse a vial in water for a few minutes, and then drink the water. Or, carry a vial in your pocket or purse. Users have reported that negative energies seem to be neutralized, and overall feelings of well-being enhanced. Some have reported immediate and obvious responses, others a more subtle transformation over a number of weeks. Either way, large numbers of users have told us that these products have helped them gain access to a wellspring of energy and refreshed vigor.

We are featuring a few of our favorites here:

♥ The Master Pack

Contains The Vitalizer and The Tranquilizer (two 3" x ¾" vials) in a dual pouch. The Vitalizer enhances energy and removes blockages restricting the flow of life-force. Hold it in your hand for 15 minutes. The Tranquilizer transmutes negative energies into positive energies for a calming and relaxing effect.

The Master Pack
(PP801) $80.00

Lithium Generator

Lithium is the element that carries light and information, and therefore its energetic blueprint may help enhance mental alertness and balance mood swings. Drink water charged with this 3" x ⅝" vial twice daily.

(PP806) $50.00

♥ The Harmonizer

Immerse the Harmonizer in drinking water or a drawn bath, hold it in your hand, wear it on your body or apply it directly to a painful spot on your body. Change the energy of an entire room by leaving the Harmonizer in a glass of water. 1½" energized vial with carrying pouch. **(PP804) $40.00**

Harmonizer Master Wand
7" long for stirring convenience.
(PP805) $60.00

Rejuvenation

Allows your subtle energies to flow more freely in a less dense and lighter spiral configuration. 3" x ⅝" vial. **(PP816) $50.00**

The following two items are not encased vials, but are directly energized liquids for consumption and long-term results.

♥ Fantazia

Ann Johnson calls this her "first and foremost product." Fantazia is designed to increase light (and delight) within you, and to help purify negative influences from virtually any source. It is usually used one time only for continuing benefits. 4 ounces. **(PP800) $40.00**

Weight Loss

A vibrational cause of overweight is fear of being hurt. Change the "etheric programs" first. **(PP826) $50.00** NEW!

Magic and Science

I believe it's very important to know the difference between science and "magic." Measurable repeatable effects should never be confused with subjective anecdotal reports. Much of the "new age" is handicapped by a failure to understand the importance of these distinctions.

Making distinctions doesn't require us to reject everything unscientific. Most rigorous scientists personally hold religious or other unscientific beliefs. Most of the mysteries of life still remain unexplained by our scientific models of reality. So there's room to learn – and explore.

Therefore, we offer a full range of the world's best and most interesting tools – even some so "non-traditional" that at first they appeared laughable to me. But take a look – I believe all the products included here are worthy of consideration.

That's why this catalog is a wide-ranging resource, sometimes scientific, and sometimes dealing with "unseen" energies, unconventional science, or, occasionally, spirit itself. – TP

Dowsing and Pendulums – Tap Into Your Higher Intuition

Dowsing is America's oldest continuous tradition of intuitive science. A dowser uses a pendulum, spinning rod, or other tool to access information in what is called the "noosphere" or "universal intelligence." This is information of which we are ordinarily unaware but which may be "sensed" by our subconscious mind. Dowsers practice "neutrality" and use the pendulum or rod to find water or minerals, obtain guidance with dietary or personal relationship questions, or get answers to virtually any personal or nonpersonal question.

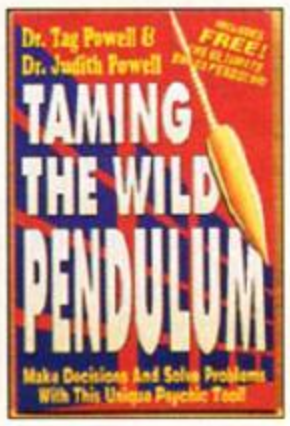
The Ultimate Pendulum NEW!

This precision-weighted brass pendulum, designed by Dr. Tag Powell, is suspended on a specially designed chain with 157 brass ball-joint swivels for maximum freedom of movement. It comes with a basic instruction handbook and a black velvet carrying pouch. **(BT102) $9.95**

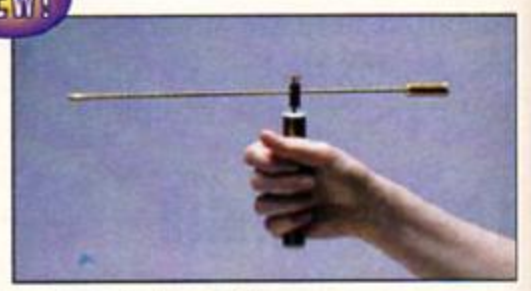
Taming the Wild Pendulum NEW!

by Drs. Tag and Judith Powell

A complete step-by-step guide on how to use the psychic pendulum, "Wild Pendulum" takes you beyond the simple Yes and No answers. Includes B&W anatomical and chakra charts and "MultiMeters." Eliminate noxious rays; find lost objects and treasures; discover health problems at a distance; discover your perfect mate, friend or partner. Paperback 208pp. **Includes FREE Brass "Ultimate" Pendulum.** **(BT101) $19.95**



Super-Sensor Dowsing Rod – "The Best" NEW!



A sheer pleasure to hold in your hand. Many advanced dowsers prefer an "L-Rod." This is the finest L-Rod we know of, all-brass, precision-machined, with threaded fittings and teflon bearings. It includes a witness chamber, light and heavy counterweights (making it neutral and convenient for any use – personal dowsing indoors, map dowsing, even outdoor dowsing in a high wind!), and instruction manual. So smooth it floats. **(DR100) $79.95**

8 Laminated MultiMeters NEW!

Get four laminated MultiMeter cards in both 4" x 5" and 5" x 8" sizes. Basic MultiMeter with health band, compatibility palette, time machine and spelling chart. Durable for years of problem-solving and decision-making. **(BT103) $14.95**

TAKIONIC® Original Tachyon Products

NEW PRODUCTS! LOWER PRICES!

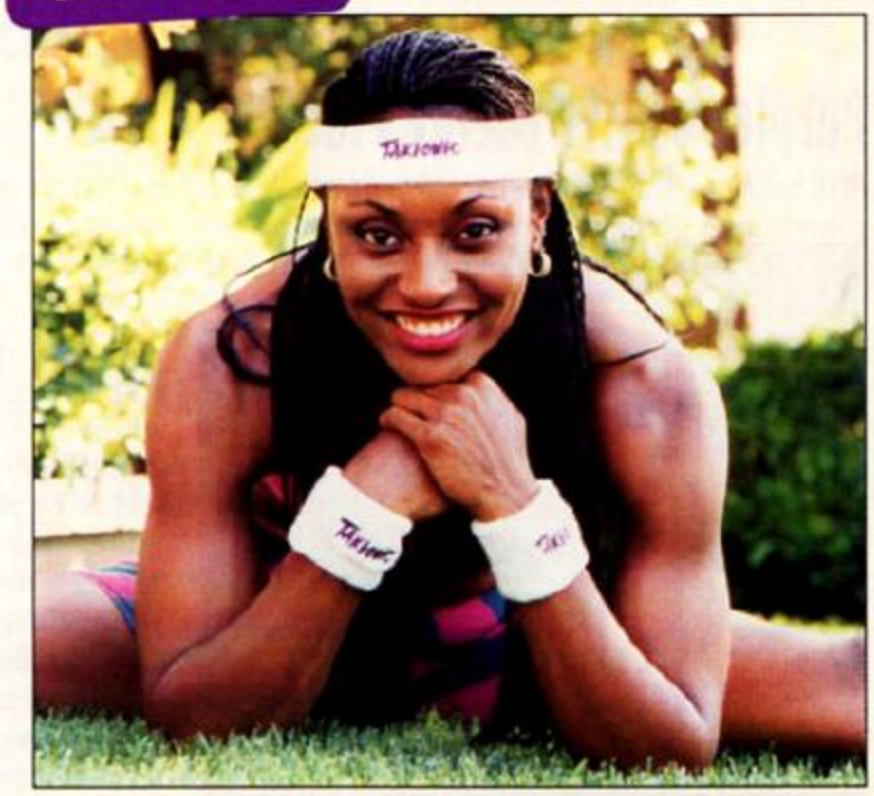
Have you ever felt like entropy was getting the better of you? These days, putting out "110 percent" can be the bare minimum. Takionic products can put that "extra 10 percent" within reach, with a wide-ranging impact on how you look and feel. It took 20 years of research for Japanese scientists to develop a simple but profound way to stimulate and harmonize your body's natural energy system. By harnessing the power of tachyon energy and exposing it to your body (often in the form of high-tech crystal-like beads), you may feel a renewed sense of vitality and focus. Sensitive people feel this powerful, bright energy immediately. Takionic products can give you the boost you need – at home, at work or at play.

Restoring your vital life forces

Takionic energy products have been available in the U.S. for just over four years. Used by many celebrities and professional athletes, these products can have profound effects on your body's natural energy system. An unusual composite of complex silica-ceramic compounds, these patented materials are not available anywhere else in the world. These unique products enable you to expose yourself to tachyon energy in a variety of creative ways.

Tachyon energy

"Tachyon" comes from the Greek work "tachy," meaning acceleration. The name refers to subatomic particles that travel faster than the speed of light. Tachyon energy often is described as a "subtle" or "etheric" energy. According to Japanese research, tachyon energy differs from the energy associated with crystals or magnets because it is a "zero point" energy. This allows it to be applied to the entire multidimensional energy system, catalyzing "self-alignment of our energies on every level."



Takionic® Beads

These opalescent beads are designed to be placed on your body's energy or meridian points to promote harmony throughout the energy system. To enjoy the maximum experience, it's best to use at least five beads at a time.

Jar of 30 beads (TB601) $229.95
Patch of 30 beads (TB623) $229.95
10 beads (TB602) $80.00
Patch of 5 beads (TB603) $44.95

Takionic® Water

Each drop offers a uniquely refreshing sensation at every level of your body's energy system. To start, use 20-30 drops a day. 8 oz.

Formerly ~~$74.00~~ for 7 oz.
Tools For Exploration's Low Price for 8 oz. (TB604) $37.95

Takionic® "Spark" Massage Oil

Revitalize your body's essential energy while you relax with this wonderfully soothing massage oil. Ideal for those with sensitive skin, this improved formula contains a unique combination of some 20 rare and exotic natural oils, with added Vitamin E, Vitamin A and Beta Carotene. 4 oz. bottle. **(TB613) $19.95**

NEW FORMULA

The Hikari Castle

This eye-catching silver pendant holds up to 10 Takionic beads. (Chain not included.)

Without beads **(TB610) $53.95**
With 5 beads **(TB611) $99.95**
Gold-plated **(TB612) $73.95**
Gold-plated with 5 beads **(TB615) $118.95**

Takionic® Fiber Products

A great way to enhance your leisure activities with the power of Tachyon energy. Note: colors may vary.

Sports Cap (TB621) $48.00
Headband (TB605) $29.95
Wristband (pair) (TB606) $29.95
Eye Mask (TB607) $49.95
Pro-Performance Belt (TB608) $230.00

Also available:
Takionic Mattress (TB624) $1,495.00

Takionic Video

This entertaining video featuring Olympic Gold Medalist Sheri Howard helps you learn more about the benefits of powerful Tachyon energy.

12-minute tape **(TB630) $5.00**

Takionic® Insoles

Your feet deserve all the energy they can get. Pamper them with these unique cushioned insoles.

All Takionic Insoles $39.95

Women's Sizes:	
6 – 6½	(TB641)
7 – 7½	(TB642)
8 – 8½	(TB643)
9 – 9½	(TB644)
10 – 10½	(TB645)
11 – 11½	(TB646)

Men's Sizes:	
7 – 7½	(TB644)
8 – 8½	(TB645)
9 – 9½	(TB646)
10 – 10½	(TB647)
11 – 11½	(TB648)

"[I] tried I.V. drops of Vitamin C, electromagnetic therapy, chiropractic and physiotherapy, Diapulse and Diathermy, but nothing worked...As a scientist, investigative journalist and nutritionist, I must admit that the only thing that helped me was your Takionic products."

– Gary Null, Ph.D., renowned broadcast journalist, lecturer, champion amateur athlete, and author of more than 50 books, on winning the 15K National USA Tech footrace shortly after a painful injury

Bioenergy imaging clearly shows the energy boost you get from Takionic products.

Purple Positive Energy Plates

Just hold one in your hands, close your eyes and feel. Most people agree: something's going on – and that perception only seems to increase over time. Is it advanced subtle energy science? Is it all suggestion and placebo? Is it spiritualism? Magic?

These are anodized purple aluminum plates whose molecular (crystalline?) structure is said to be permanently altered in a way designed to radiate positive energy. Placed under drinks like a coaster, or on refrigerator shelves, they're supposed to revitalize food. Placed under the mattress or worn around the neck, they're supposed to enhance the energy flow.

After a few weeks of use, some of us noticed a huge jump in our energy level. Although we still don't know exactly how these plates work, we use them ourselves. And we have found the plates' creator, Ralph Bergstresser, to be a sincere, service-oriented man who deeply believes in his product. They are famous worldwide and tens of thousands are sold every year. Positive Energy Plates come in two sizes:

Small Plate
4½" x 2¾". Used like a coaster to revitalize drinks, or wear it.
(PP750) $10.00

Large Plate
12" x 12". Used on refrigerator shelves or under the mattress.
(PP751) $30.00

"First and foremost, the plates will slowly but surely raise the vibratory frequency of those who use them, and that's of prime importance. They will reduce the negative vibrations in food, water, other liquids and tobacco."

– Linda Goodman *(Star Signs)*

PSI-KICK™ Intuition Games

Over 20 different games you can play alone, with a friend, or using "team play" with a whole houseful of friends. "PSI-KICK" contains everything you need to play ESP games with cards and dice, to learn pendulum and L-Rod dowsing, even to do your own "metal-bending" PK games using silverware!

Developed by Oscar Miro-Quesada, a student of J. B. Rhine, the games are based on scientific parapsychological research, but integrated with a spiritually based – and FUN – approach. Includes cards, dice, dowsing tools, forks, a full scorepad, instructions on the optimal mental "set" and physical setting, plus an audiotape guide to set the scene for you to play as you develop your intuitive powers. Ages 4 to adult; 1-4 players, teams and groups.

PSI-KICK (TU020) $39.95

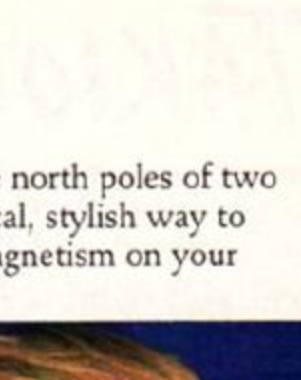
The Brain Belt NEW!

Magnetic Headband

This velcro-adjustable attractive headband holds the north poles of two 1200 gauss magnets over your temples. It's a practical, stylish way to enjoy the soothing, calming effects of north pole magnetism on your mental processes. It was developed by a healer for his clients to use during bodywork sessions, because he had found that magnets deepened relaxation and improved the results of his sessions. No matter why you want to use magnets on your head – to learn about the effects of magnetism on your mind, prevent headaches, slow down brain activity, meditate, or improve mental clarity – the Brain Belt makes it easy. Most users feel it immediately.

The Brain Belt (MB400) $24.95

High Quality Magnets



Magnetic Spots
20 small 600-gauss magnets, each with adhesive for applying to the body.
(MH101) $10.00

Yama Style Magnets
A pair of 1000-gauss "Yama" style magnets.
(MH102) $30.00

Magnet Foil
12 pieces of very flexible 250-gauss magnetic foil similar to that recommended by Dr. Hanneman. (1½" x 6")
(MH103) $35.00

Flexible 250-gauss Magnets

The Mini
2" diameter (pair) **(MN171) $7.50**

Thin Flex Pad
5" x 7" (pair) **(MN175) $15.00**

Flexible Magnet Kit
2 Minis, 2 pads, 2 belts (3" x 7"), and 2 strips (1½" x 6"). **(MN179) $29.95**

Super-Powerful Alloy Magnets
Neodymium-iron-boron magnetic material, the most powerful magnet material available, is used for the "super magnets" identified by researchers and writers. Except for minis, they come in color-coded plastic boxes. 3000-gauss rating.

Box Magnet. ½" x 1" x 2"
(MN121) $29.95

Disc Magnet. ½" x 1¼" diameter
(MN125) $29.95

Powerful Ceramic Magnets
Encased in strong plastic housing with color-coded poles. Ideal for research or magnetic therapy study. 1000-gauss rating. Compare our prices!

Ceramic Magnets ½" x 1" x 2" (pair) **(MN102) $16.95**
Ceramic Magnet 1" x 2½" x 4½" (1 only) **(MN104) $20.95**
Ceramic Magnet 1" x 6½" (1 only) **(MN106) $24.95**

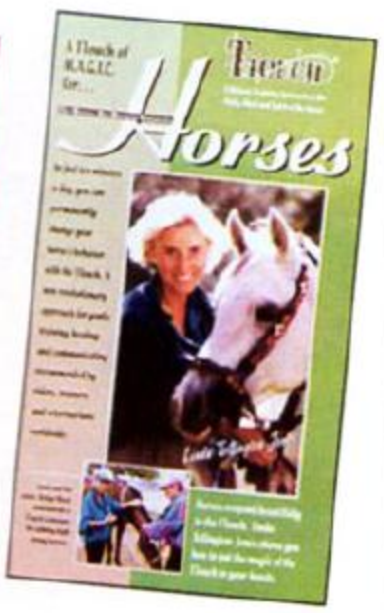
Polarity Finder
An inexpensive, well-marked magnet, with instructions on how to use it to find the polarity of any other magnet. **(MN199) $5.00**

TTOUCH™ – A revolutionary method for gentle training, healing and communicating with dogs, cats, or horses NEW!

Linda Tellington-Jones developed the TTOUCH as a result of more than 40 years working with animals. One of the world's leading animal experts, Linda's magic touch is in demand from Olympic equestrian teams to the San Diego Zoo.

A mere 10 minutes a day is all it takes to see astounding results. And you just do what comes naturally – touch. Learn up to 11 specific touches, slides and lifts over the animal's entire body. TTOUCH has been shown to benefit some animals by:

- Helping to relieve arthritis, dysplasia, respiratory and digestive problems, car sickness, itching from fleas and hot spots, kidney and bladder disorders, colic and sore backs
- Improving their willingness to learn and perform
- Increasing animals' confidence
- Calming nervous animals and stopping aggressive behavior
- Helping to ease pain associated with injury, surgery, illness or old age
- Deepening bonding



What you get:
TTOUCH Video to easily learn TTOUCH; **A-Z Tip Book** with invaluable tips on allergies, emergency care, fear and timidity, grooming, injuries and pain, old age, nervousness, nutrition, etc.; **TTOUCH Guidebook** with informative advice for solving additional problems – plus real-life stories; and a set of **Flashcards** that let you use both hands to touch your pet while viewing the exact method as illustrated – great for quick reference and to help you focus on the proper touch.

TTOUCH Deluxe Kit for Dogs (VT400) $49.95
TTOUCH Deluxe Kit for Cats (VT401) $49.95
TTOUCH Deluxe Kit for Horses (VT402) $49.95

A Course on Interspecies Telepathic Connection NEW!

On these six tapes Penelope Smith, a modern-day "Dr. Doolittle," draws upon her nearly 25 years of experience to guide you, step by step, through the theory and practice of direct communication with pets and other animals. Learn:

1) **How to Communicate with Animals.** A do-it-yourself mini-workshop on mind-to-mind and heart-to-heart communication.
2) **Animal Intelligence and Awareness.** Find out how other animals' comprehension, reasoning and awareness compare to ours.
3) **Understanding Animals' Viewpoints.** See things through your animal companions' eyes. Understand their purposes, sense of humor, feelings and insights.
4) **Healing and Counselling with Animals.** Learn straightforward methods to help animals through emotional trauma, fear, injury, illness and death. (Not a substitute for veterinary care.)

The Interspecies Telepathic Connection Tape Series
6 cassettes, total 6 hours. **(TP401) $59.95**

Animals...Our Return to Wholeness

by Penelope Smith NEW!

Meet animals in the role of teachers, healers and guides. Read in-depth stories and principles communicated telepathically by animals to the author, revealing their spiritual understanding, purpose, and symbiotic relationships with humans. Regain the language natively understood by all species. Find out how animals can teach, heal and guide us back to wholeness. Laugh as you experience other species' refreshing and startling points of view on living in this world and on humans. Illustrated. Paperback 368pp **(BP402) $19.95**

Video: Telepathic Communication with Animals

NEW!

An introduction and overview, and an eye-opener for skeptics. Witness consultations and interviews with people who, together with their animal companions, have benefited from Penelope Smith's communication, counselling and healing work. See people begin to regain their natural ability to communicate with other species. (46 minutes, VHS) **(TP403) $29.95**

"[Penelope Smith's work with interspecies communication is] vitally important for mankind's very survival on this planet."
– Peter Caddy, Co-Founder, Findhorn

Pet Tags NEW!

Positive Energy Pet Tags

These pet tags are made of a unique material – durable molecularly-altered, positively-energized purple aluminum. They are said to raise the vibratory frequency of whatever and whomever they touch – and many sensitive people very definitely feel a bright energy emanating from them.

Small Purple Pet Tag (1" diameter) (PP700) $6.95
Large Purple Pet Tag (1½" diameter) (PP701) $6.95

Diode Pet Tags

These pet tags are bonded with the Cook Natural Diode Formula. Animals have electrical systems too! The Diode will keep your pet's polarity/energy fields in balance, and protect your pet from sources of low-level radiation that they are exposed to daily.

Stainless Steel Circle Diode Pet Tag (1½" dia.) (DC010) $14.00
Brass Octagon Diode Pet Tag (1" dia.) (DC011) $14.00

"Secret" Tibetan Exercises for Vitality

The Five Rites of Rejuvenation

Over 50 years ago, a retired British army officer who had recently returned from Tibet conducted a private class. In Tibet he had seen whole monasteries whose monks enjoyed remarkable health, persistent youth, and astounding longevity, and he had been privileged to be taught their "secret." The subject of his private class was a simple routine of five exercises, which can be performed in less than 15 minutes. They are supposed to balance all the chakras and realign the energy system. These exercises are simple, quick and thoroughly enjoyable. Highly recommended.

The Booklet:

The Eye of Revelation
by Peter Kelder

Originally titled "Five Tibetan Rites of Rejuvenation." Original 1939 text. Includes posture diagrams. 30pp.

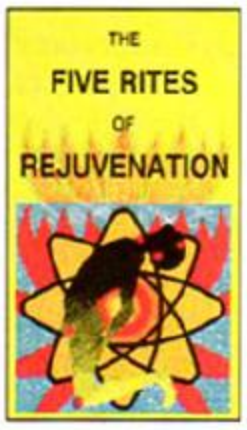
(CB101) $3.95

The Video:

The Five Rites of Rejuvenation

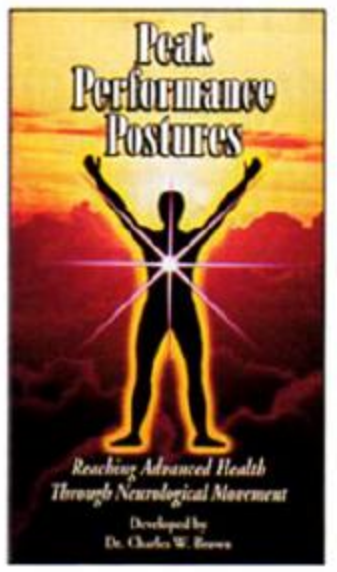
An enjoyable, clear, easy-to-use demonstration of this remarkable exercise routine. Use it to learn the exercises, and to guide your own quick workouts at home.

(CV101) $29.95



Receive the booklet *The Eye of Revelation* FREE when you purchase the video.

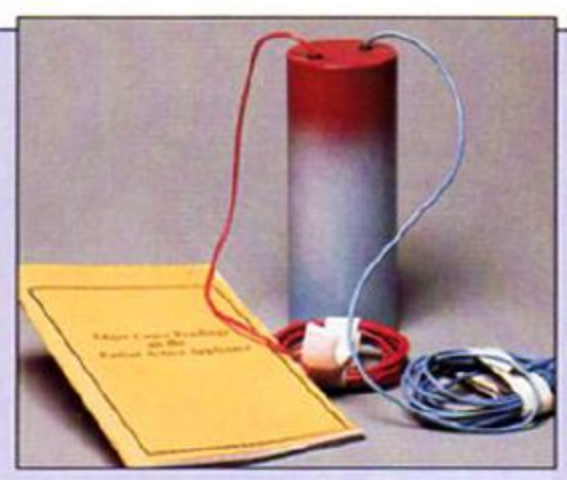
Peak Performance Postures from BioElectric Shield



Did you know that there is one body posture in which it is neurologically impossible to feel depressed? Dr. Charles W. Brown, the Chiropractic Neurologist who created the BioElectric Shield *(featured on page 67)*, has researched and developed a set of 14 "Peak Performance Postures" designed to help "tune" our body and neurology, enabling us to better express a wide range of positive feeling states: energy, flexibility, strength, balance, wellness – even forgiveness, love, gratitude and acceptance (to name a few). These exercises, which take only 8 minutes to perform, combine simple movements, positioning and personal declarations. Dr. Brown has found that response patterns can change dramatically within 30 days if the exercises are performed daily. A handy companion guide is included with the video.

Peak Performance Postures – Videotape (20 min., including 8 min. of exercises; VHS) **(EBV01) $29.95**

Cayce Dry Cell



The Dry Cell, Impedance or "Radial Active" appliance was first described by Edgar Cayce, who said it would stabilize frequency patterns across the body. It is featured in the book *SuperMemory (p. 22)*. Cayce recommended it frequently in his readings and said that anyone could benefit from its use. It is machined to precise specifications. Place it in ice water; then attach lead wires to your wrists and ankles. It's been described as a "battery-powered biocircuit." Instructions included. **(CC001) $175.00**

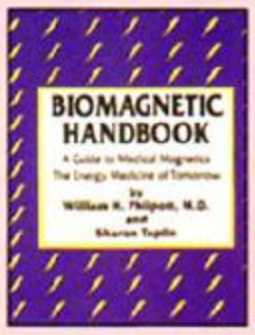
Books on Biomagnetism

Biomagnetic Handbook

A Guide to Medical Magnetics, the Energy Medicine of Tomorrow

by William H. Philpott, M.D., and Sharon Taplin

A clear, intelligent and detailed discussion of magnetism and its effects on the body by one of its leading American proponents. The first portion of the book is an excellent general discussion of biomagnetic principles and mechanisms. The second portion is a detailed description of preventive and therapeutic magnetic research treatments.

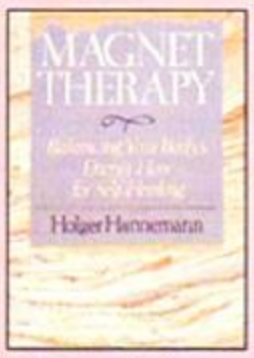


Large-format paperback 97pp
(MB602) $19.95

Magnet Therapy:

Balancing Your Body's Energy Flow for Self-Healing

by Holger Hanneman



This book is causing tremendous excitement because it fills a great void. It is an extremely clear, understandable, practical discussion of magnetic therapy. In this book, Dr. Hanneman, a respected Swiss naturopath, documents impressive successes for magnet therapy and, with full-color photos, he illustrates the techniques that have made him famous in Europe.

Paperback 96pp
(MB601) $9.95

Magnetism and Its Effects on the Living System

by Albert Roy Davis & Walter C. Rawls

Davis and Rawls are the classic experts. This is the first book written on the discovery that North and South poles have two distinct and different effects on living systems. Paperback 132pp **(MB501) $15.95**

The Body Magnetic

by Buryl Payne, Ph.D.

A guide to magnetic healing through the ages, including magnetic influences on weather, warring behaviors, dowsing, and the power of thought.

Paperback 216pp
(MB402) $12.00

Brief References on Biomagnetism

This collection of papers describes international research into biomagnetic therapies. It includes "Magnetic Field Deficiency Syndrome and Magnetic Treatment" by Kyoichi Nakagawa, M.D., a copy of Albert Roy Davis' patent on magnet diagnostics, "Magnetic Therapy Approaches" from the Ambalal Munshi Nature Cure Hospital in India, and a discussion of Japanese biomagnetic science titled "Questions and Answers All About Magnetic Treatment."

(MB503) $10.00

Reich and Orgone

The Orgone Accumulator Handbook: Construction Plans, Experimental Use, and Protection Against Toxic Energy

by James DeMeo, Ph.D.

An excellent, thorough, hands-on book, complete with history and principles. Paperback 155pp.
(OB101) $12.95

Orgone Blankets are simple tools for accumulating "orgone" (Wilhelm Reich's term for life energy). These are constructed to highest quality standards. 36" x 36". **(OB102) $125.00**

Eberhart's Manual of High Frequency Currents
A reprint of the classic turn-of-the-century text on the Violet Ray. **(PV807) $35.00**

The Violet Ray

It's an enduring classic. Acupuncturists use it to "move the Qi," while dermatologists and cosmetologists use it for the skin and scalp. A high-voltage, low-amperage source of static electricity with a high-frequency signal (over 10,000 cycles per second). The Violet Ray is a historically important life-energy tool, mentioned over 800 times in Edgar Cayce readings concerning conditions ranging from baldness to poor circulation to pain.

Violet Ray with bulb-type applicator (PV805) $199.95

Heavy duty professional model with bulb-type applicator (containing fan for longer operating time) (PV804) $399.95

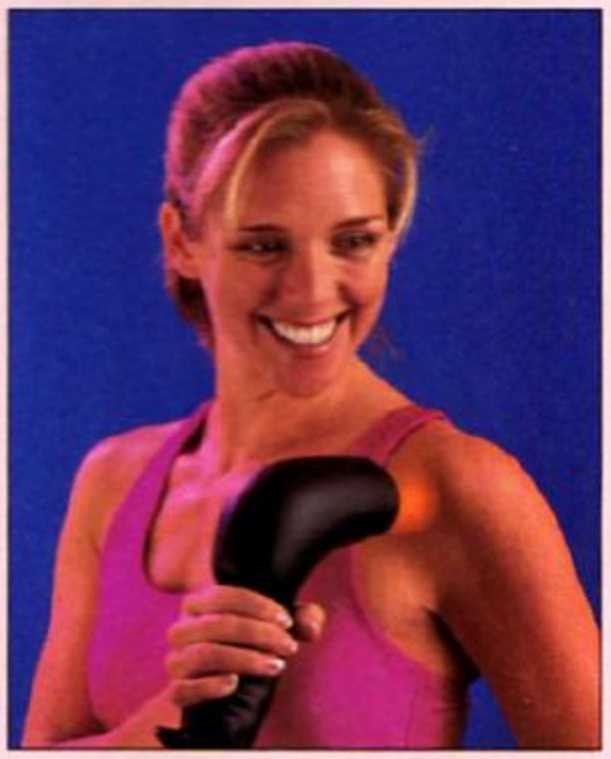
Comb-type applicator for scalp (PV808) $29.95

Rod-type applicator for scalp (PV809) $29.95

Revolutionary Pain Relief
Bioptron™

Utilizing nature's elements and Swiss technology, the Bioptron lamp is a unique light source that can enhance the body's natural healing processes. Bioptron is now available in the United States after 10 years of scientific developmental research and safety and clinical studies. Published reports in medical journals have confirmed Bioptron's usefulness in pain relief programs.

Bioptron couldn't be easier to use. You simply shine the lamp directly over a painful area while Bioptron's timer beeps 2-3 times (about 4-6 minutes), and "bathes" your skin in its gentle, infrared, polarized rays. Bioptron has been widely used in Europe with excellent results reported for temporary relief of pain due to arthritis, bursitis and muscle pain as well as pinched nerves, neuralgia, back and muscle strains and sinusitis. It contains no ultraviolet rays. Bioptron can safely be used for minor pains; however, if pain persists you should consult a physician.



1-year warranty.

Bioptron Lamp (LP301) ~~$299.95~~ Now $179.95

Chaos Theory + QiGong = Infratronic QGM Quantum

NEW!

It's extremely easy to use, even through clothing, splints or casts. And you quickly see relief of chronic pain in joints, muscles and vertebrae. It also relaxes muscle armoring and spasms, decreases edema and improves microcirculation.

The **Infratronic QGM Quantum** is a radically innovative new therapeutic massager that uses a "chaos circuit" to randomize its low-frequency acoustic signal. Its output very closely resembles the low-frequency "Wai-Qi" acoustic waves that have been measured coming from the fingers of China's greatest Qi-Gong masters.

Today, Chinese hospitals use this award-winning machine with thousands of patients under a wide variety of conditions. And it is also being used more and more by Western physicians and other health professionals.

Its primary benefits are pain relief and improved circulation. Originally skeptical researchers have conducted studies demonstrating that QGM users can enhance EEG and synchronize alpha rhythms throughout the brain. Users report greater well-being, noticeably enhanced energy, and a more positive outlook on life. Some researchers theorize that by introducing acoustic "chaos" signals to the body, the Infratronic QGM stimulates a Prigoginean reorganization, an "escape to a higher order," and that this may partially explain its remarkable effectiveness.

Infratronic QGM Quantum (PE501) $695.00

Carrying Case for QGM Quantum (PE502) $39.95

Pure Monochromatic Red Light

The Light Shaker and Tri-Light

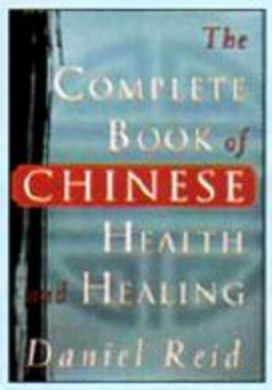
NEW!

Who would have thought that something as commonplace as light would become the new "high-tech" tool of acupuncturists and other leading-edge professionals? The Light Shaker and the Tri-Light (with 3 LEDs to cover a larger surface) shine a focused beam of red light on irritated cells or acupuncture points – a process called "photostimulation." These small, battery-operated units (which fit in pocket or purse) photostimulate the selected area on a continuous (sedating) or pulsed beam (stimulating) basis. With The Light Shaker and Tri-Light you can learn light therapy, acupuncture point stimulation, and energy balancing and stimulation. Both are used by physiotherapists, acupuncturists and other health professionals.

The Light Shaker. Powered by 9V battery (included). **(LS101) ~~$169.00~~ $139.00**

The Tri-Light. Includes A/C adapter and battery. **(LS102) ~~$269.00~~ $239.00**

ENERGY MEDICINE



The Complete Book of Chinese Health and Healing

NEW!

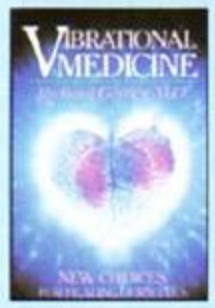
by Daniel Reid

Dan Reid is one of the most respected authors on Chinese medicine. In this unique and important book he succeeds in making the entire complicated Chinese medical system understandable. His writing is engaging, clear, simple and full of valuable information. An education and a reference; highly recommended.

Paperback 483pp **(BC400) $17.00**

Vibrational Medicine

by Richard Gerber, M.D.

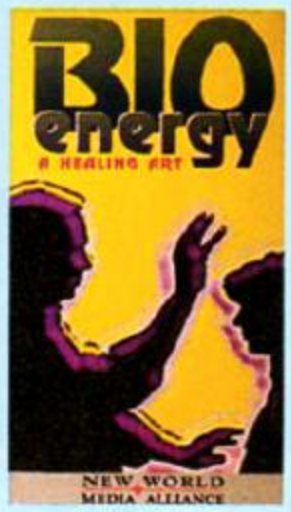


The most extensive and intelligent compilation of information on human energy systems and vibrationally oriented healing modalities.

"A highly readable summary of new thinking about health and disease."
– Marilyn Ferguson

Paperback 558pp **(EB104) $16.95**

Bioenergy: A Healing Art

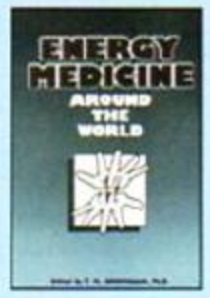


See bioenergetic healing in depth, from the perspectives of healers, students, clients and scientists. The work of Mietek Wirkus, a gifted healer from Poland, is examined here. You see the healer help a child with a severe seizure disorder. See an infant with a congenital vision disorder whose sight is unexpectedly restored. You also see Dr. Elmer Green measuring the energy field on Wirkus while he works, and Dr. Steven Fahrion measuring brain rhythm synchrony between the practitioner and patient. A dramatic, touching and mind-stretching documentary.

Bioenergy: A Healing Art
– Videotape (48 minutes, VHS) **(BV101) $29.95**

Energy Medicine Around the World

Edited by
T. M. Srinivasan, Ph.D.



These 28 essays comprise a comprehensive overview of energy medicine, from its underlying concepts to traditional energy medicine models to new research, including its implications in expanding the horizons of human consciousness.

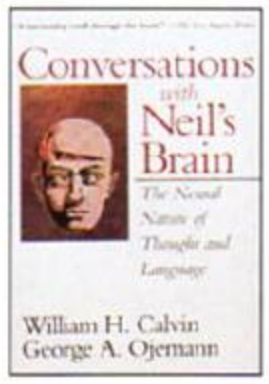
Paperback 338pp
(EB106) $14.95

Neuroscience: The Cutting Edge

Conversations with Neil's Brain: The Neural Nature of Thought and Language

NEW!

by William H. Calvin and George A. Ojemann

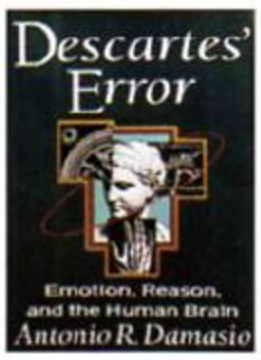


In a series of stories before, during, and after neurosurgery, we go inside the operating room into an eerie process of discovery. If they do it right, Neil's seizures will probably cease; if they slice too far to the left or right, they will wipe out essential parts of Neil's memory, or his ability to follow a joke, or maybe his ability to recognize his wife's face. The mapping of Neil's brain brings to life the astounding specificity of the brain's operation.
Paperback 342pp **(BC404) $12.00**

Descartes' Error

NEW!

by Antonio Damasio



One of the world's foremost neurologists here presents a synthesis of what is known about the workings of the human brain. Through his lucid, precise prose, the invisible world within the brain seems almost directly visible. This work presents a new theory of emotions that both legitimizes feeling (breaking down the dualism of emotion versus reason) and challenges conventional assumptions (provoking a profound reexamination of subjective experience). Hardcover 312pp **(BD410) $24.95**

POST-MODERN FUN AND IRREVERENT POLITICS

Chaos and Cyberculture

NEW!

by Timothy Leary

This is his most important work since the '60s and the one to read if you want to glimpse Timothy Leary's vision of the future. Imagine the emergence of a new humanism with an emphasis on questioning authority, independent thinking, individual creativity, and the empowerment of individuals via computers and other technologies. 40 chapters, 80 illustrations, and conversations with William Gibson, Winona Ryder, William S. Burroughs and David Byrne. See if you agree that "the PC is the LSD of the '90s."
Oversize Paperback 320pp
(BR400) $19.95

Chaos and Beyond

NEW!

by Robert Anton Wilson

Since 1988, Robert Anton Wilson, author of *The Cosmic Trigger* and co-author of the cult classic *Illuminatus!* has published a quarterly newsletter of mind-boggling iconoclasm called ***Trajectories.*** This book contains the wry, cosmic "best" of the first 10 issues, including important obscure news flashes and exposés. (One of our favorites: exposing and lampooning the "scientific" skeptics of psychic phenomena at CSICOPS.)

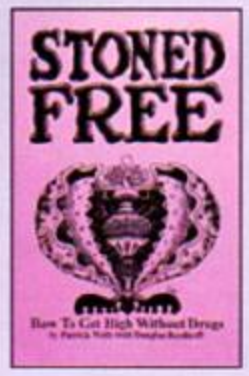
And there's room for diverse fun, high weirdness, and guest appearances by Peter Russell, Barbara Marx Hubbard, Timothy Leary, Linus Pauling and George Carlin. Paperback 272pp
(BC410) $14.95

Stoned Free: How to Get High Without Drugs

NEW!

by Patrick Wells with Douglas Rushkoff

This "cookbook" is filled with drugless consciousness-altering "recipes," both ancient and recent. Learn breathing techniques, high-tech highs, diets, exercises, sleep and dream manipulation, and numerous other methods. Avoid incarceration, save money, skip the wear and tear on your body, and *still* indulge the ancient urge towards inebriation!

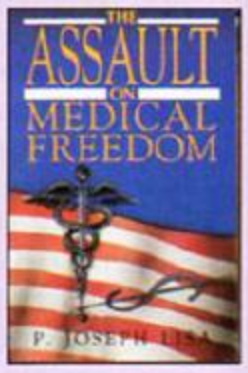


Paperback 157pp
(BS800) $12.95

The Assault on Medical Freedom

NEW!

by P. Joseph Lisa



Why has American medicine become more regimented, less experimental, more expensive and less personal? This is THE book on exactly how the U.S. Food and Drug Administration has become the "enforcement arm" for a particular medical philosophy, committed to keeping the public in the dark about alternative medicine. The reason is not just philosophy; it's also the profit motive. Rigorously researched over a 25-year period, this book doesn't hesitate to name names, dates, and details as it explores case after case in which the FDA has stooped to "dirty tricks," lies and deceptions. Find out why Americans can't get the world's best medical care anymore, even if they can afford it.

Paperback 383pp **(HB401) $14.95**

A NEW CINEMATIC ARTFORM

The Amazing Mind's Eye Video Series

Three Videocassettes

What will virtual reality look like when it gets really interesting? There's no better periscope peek into that future than these two adventuresome videos. They're mind-expanding mainstream hits ("gold" and "platinum" status on Billboard's top 40, "two thumbs up" and "video pick of the week" from Siskel & Ebert, etc.). Both videos are full of wildly different computer animation, fast-paced, fun to watch, breathtakingly intricate, and marvelously fluid. According to Leonard Maltin, *"Everyone who sees [The Mind's Eye] gets hooked, as I did."*

The Mind's Eye – Videotape
(45 minutes, VHS) **(MV201) $19.95**

Beyond the Mind's Eye – Videotape
(45 minutes, VHS) **(MV202) $19.95**

The Gate to the Mind's Eye
An unprecedented level of special effects and virtual realism. **(MV204) $19.95** NEW!

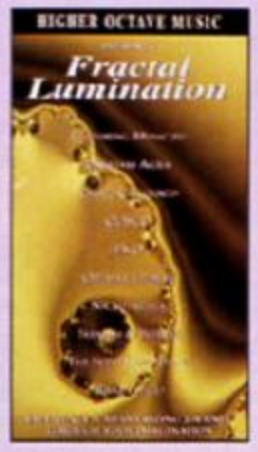
Special! Boxed Set with All 3 Mind's Eye Videos a $60 value (MV205) only $49.95

LightDance NEW!

This video is a visual and musical excursion that explores the infinite patterns of color, light and form found in the natural world. It brings to vivid life the spiritual forces behind nature. Music spanning the entire career of Santana is meticulously merged with spectacular visual images from cinematographer David Fortney. *"Sheer majesty..." – Billboard* magazine.
(40 minutes, VHS) **(VI200) $24.95**

Fractal Lumination NEW!

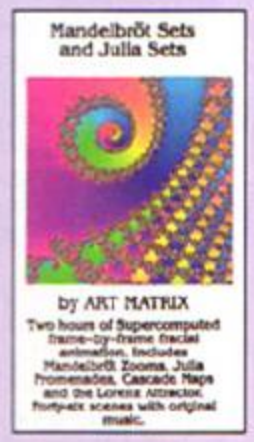
Hear music by Ottmar Liebert, William Aura, Graig Chaquico and others while watching Beau Lee's awe-inspiring morphing fractals, mathematical equations that realize themselves in colorful constructs, providing a glimpse of the intelligent force behind creation. When combined with music – sometimes tender, sometimes mysterious, sometimes gorgeous – the result is an exhilarating homage to the dance of life, the interplay of light and sound. (50 minutes, VHS) **(VI207) $19.95**



Mathematics for Lovers

Mandelbrot & Julia Sets

An eye-opening two-hour spectacular of zooming fractal shapes and colors. Fractals are intricate, mathematically generated geometric patterns which contain infinite detail and scope (you can "zoom" in – or out – forever, theoretically). Fractals are based only on pure mathematics, yet their complex shapes appear almost identical to many of the beautiful natural forms found in living things and natural phenomena.



This video has staggering image resolution and stunning color. The electronic music track stays with the visuals in tempo and spirit. 2-hour VHS videotape.

Mandelbrot & Julia Sets (VI205) $29.95

MUSIC & CONSCIOUSNESS

Music: Physician for Times to Come/ Music and Miracles

Two anthologies by Don Campbell

"Required reading!" Anyone seriously interested in the relationships between healing and music or other sounds will discover something new in these two volumes, maybe even a whole education.

Music: Physician for Times to Come made an immediate mark in 1991 with essays by 25 authors including Roberto Assagioli, M.D., Manfred Clynes, Dane Rudhyar, Pir Hazrat Inayat Khan, and Swami Chetananda. ***Music and Miracles*** (1992) took the consideration into new territory with 27 essays by Jean Houston, Kitaro, Jeanne Achterberg, Donald Epstein, Khen Rinpoche, Ken Carey, Barbara Marx Hubbard and others.

Music: Physician for Times to Come – Paperback 355pp **(MB801) $12.95**

Music and Miracles – Paperback 280pp **(MB802) $14.00**

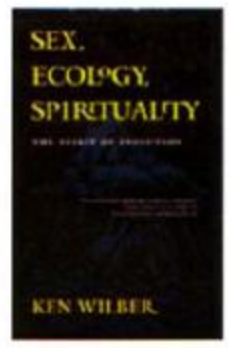
Of Sound Mind and Body: Video

A tour of contemporary sound therapies, including chanting, toning, psychoacoustics, and music therapy. See and hear Deepak Chopra, Bernie Siegel, Rupert Sheldrake and Don Campbell. Hear music by Steven Halpern, Ray Lynch, Robbie Gass. See Hans Jenny's original Cymatics experiments including fascinating new images. Striking dramatic and visual content helps offer much detailed information on the uses and effects of sound and music for healing. Highly recommended. 70 minutes. **VHS Video (VI209) $39.95**

Sex, Ecology, Spirituality

by Ken Wilber NEW!

"One of the most significant books ever published." – Larry Dossey, M.D.



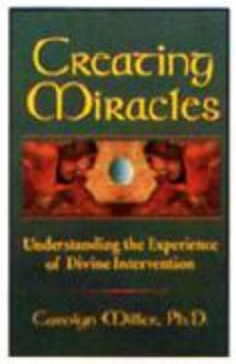
This book traces the course of evolution from matter to life to mind, and describes the common patterns that evolution takes in each domain. Wilber traces the evolution of human consciousness through its major stages of growth and development, and grounds his vision in contemporary research in cosmology, biology, anthropology, sociology, psychology and ecology.

"...a profound and powerful meditation on the trajectory of Life itself. No one can afford to be ignorant of [Wilber's] revolutionary ideas."
– Mitchell Kapor, founder Lotus Development
Hardbound, 831pp **(BC803) $40.00**

Creating Miracles:

Understanding the Experience of Divine Intervention

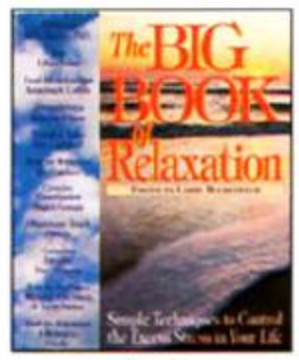
by Carolyn Miller, Ph.D. NEW!



The author, a research psychologist who has taught the scientific method on a graduate level for more than twenty years, explores the evidence for miracles, including the guardian angel phenomenon, spontaneous remissions, remarkable healings, inner knowing and the wisdom of intuition. All are placed in a single comprehensive and easily understood context. It is an inspiring, well-written book for the open-minded. Paperback 350pp **(BC802) $12.95**

The Big Book of Relaxation

This practical, authoritative anthology helps you tune in to relaxation – via ten chapters on topics like music, massage, aromatherapy, athletics, stretching, breathing and nutrition. It even has a chapter on new relaxation technologies (co-written by Terry Patten and Michael Hutchison). It's a very usable "how-to" manual, giving step-by-step practical techniques that are easy (and pleasant!) to incorporate into your life and which have worked for countless numbers of people. Paperback 244pp **(NB031) $14.95**



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VHS videos are in USA standard format. Other countries have VHS in other formats, such as PAL. Inquire about pricing (higher) and availability (varies) if you wish to special-order a video in PAL or another format.

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	Music	Voice	Nature Sounds	Mind-Altering Sounds	Guided Imagery	Hypnotic Technique	Subliminal or Whisper	Seminar/Lecture	Headphones Only
ABR (Acoustic Brain Research) 48-49	•	•	•	•	•	•	•		•
Alphasonics Subliminals 62			✗				✗		E
Ambient Music 79	✗								
Attitude Activator 57	✗	✗			✗	✗			✗
Audiostrobe System CDs 15	✗		✗	✗					✗
Richard Bandler 58	✗	✗			✗	✗			E
Biogram Therapy: Dr. Richard L. Johnson 61	✗	✗			✗	✗			
Brain Box (Monroe Institute) 53	✗	✗	✗	✗	✗	✗			✗
Brain Busters: Brian Paulson 52	✗			✗					✗
Brain/Mind Research (Dr. J. Thompson) 52	✗		✗	✗					E
Breaking the Mental Barrier 61	✗	✗			✗	✗			
Dr. Thomas Budzynski 26		✗		✗	✗	✗	✗		✗
Don Campbell 45	✗	✗						✗	
Changeworks 58	✗	✗		✗	✗				✗
Cosmic Waltz 55	✗			✗					
Rayma Ditson-Sommer (Neuro-Learning) 23		✗			✗	✗			
DNA Music (Susan Alexjander) 55	✗			✗					
Enneagram: Thomas Condon 58		✗				✗		✗	
The Five Directions (Neuro-Acoustic Labs) 51	✗		✗	✗				✗	B
Gregorian Chant 45	✗	✗	✗	✗					
Steven Halpern 54	✗			✗					E
Healing Music: Oliver/Thompson/Deuter/ Mourashkin 55	✗		✗	✗					
HeartZones/HeartMath Institute 60	✗			✗					
Hemi-Sync (Monroe Institute) 53	✗	✗	✗	✗	✗	✗			✗
High-Performance Mind (Anna Wise) 6-tape set 21	✗	✗		✗	✗	✗		✗	E
High-Performance Mind (Anna Wise) 2-tape set 21	✗			✗					✗
Hypno-Peripheral Processing (HPP) 59	✗	✗		✗	✗	✗			✗
Iasos 54	✗								
Infinite Mind 48	✗			✗					
John-David 52		✗		✗	✗		✗	✗	B

Please note:

- * Each ABR tape is unique. Individual tapes may fall into any number of the categories listed above except Seminar/Lecture.
- **B** Each set includes both ambient and headphones-only recordings.
- **E** Results enhanced by headphone use.

	Music	Voice	Nature Sounds	Mind-Altering Sounds	Guided Imagery	Hypnotic Technique	Subliminal or Whisper	Seminar/Lecture	Headphones Only
Magic Island Relaxation for Kids 61	✗	✗	✗		✗	✗			
Marcey – Healing Music 56	✗			✗					
Mega Brain Zones: Michael Hutchison 50	✗		✗	✗					✗
Metasonics: Brian Caldwell 55	✗			✗					E
Mind State Management (Dr. Frank Young) 60	✗	✗			✗	✗	✗		E
Monroe Institute 53	✗	✗	✗	✗	✗	✗			✗
Mystical Sun 55	✗		✗	✗					
Neuro-Acoustic Laboratories 51	✗		✗	✗				✗	B
Neuro-Learning 23		✗			✗	✗			
OmniPhonics 63	✗						✗		
Open Focus: Dr. Les Fehmi 26		✗			✗	✗			
Paraliminal Tapes 57	✗	✗			✗	✗			✗
Personal Music: Arden & Jack Wilken 56	✗			✗					
Prima Sounds Chakra Music 54	✗			✗					
SAMONAS Sound Therapy 44	✗			✗					✗
Silva Method 60		✗			✗		✗		
SONAS Sound Therapy 44	✗			✗					
Sound Therapy for the Walkman 45	✗			✗					✗
Superlearning 22	✗	✗			✗	✗	✗		
The Swirl 52				✗					✗
Synchronicity High-Tech Meditation (Master Charles) 48	✗	✗		✗					✗
Tamas Laboratorium (See also Audiostrobe) 15	✗		✗	✗					E
TheraSound: David Ison 45	✗			✗					
Dr. Jeffrey Thompson (BMR) 52	✗		✗	✗					E
Tomatis Method: *See* Campbell; Gregorian Chant; SAMONAS; SONAS; Sound Therapy									
Trance I & II 55	✗								
Whole-Brain Subliminals 63	✗		✗	✗			✗		
Arden & Jack Wilken 56	✗			✗					
Anna Wise: *See* High-Performance Mind									
Zygon: Ultra-Meditation 50			✗	✗					✗

Note: Some of the psychoacoustic and hypnosis recordings in this catalog contain unusual and intentional effects, such as sudden shifts in loudness; uneven loudness levels on left vs. right stereo tracks; or frequency effects heard as a "hum" or "hiss." These effects are appropriate to the purposes of the tapes, and do not indicate a defect.

Ambient Music

ALL NEW!

"Ambient" music is the hottest new trend in global electronic music. Born out of the underground rave scene in England, the roots of Ambient music lie in the far-reaching sounds of Brian Eno, Tangerine Dream, Pink Floyd, and more recent stars like Enigma and Deep Forest. Now it's shaping sensibilities from London to California, from Kyoto to Tel Aviv to Prague.

ambient

These artists have nothing to do with "New Age" music or culture (for one thing, most of them are of a new, younger generation), but they are very definitely interested in using musical sounds to open people up to experiencing new levels of expanded consciousness.

Take a listen, and we bet you'll like it. Let these pulsating synthesizers, trance-inducing beats, and atmospheric soundscapes carry you to new sonic worlds of joy and wonder. All listings are for single CDs except where noted.

♥ One A.D.
♥ Two A.D.

Here, *A.D.* stands for "Ambient Dub," a very mellow ambient style full of danceable rhythms, flowing melodies and uplifting, consciousness-expanding sounds. Featuring England's best wizards of the new electronica, each volume is a laid-back celebration of being alive. Recorded using 3D sound imaging for maximum headphone delight.

One A.D. (TW101CD) $15.95
Two A.D. (TW103CD) $15.95

♥ Chill Out: The Techno Evolution Continues

One of the best-selling of all Ambient music collections, this double CD compilation spans the Ambient spectrum from blissed-out electronics to minimal, organic soundscapes. Most cuts have rhythm tracks and feature the biggest headliners in global Ambient music: Aphex Twin, Orbital, The Irresistible Force and Human Mesh Dance. 2 CDs, 17 tracks, 135 min. of bliss. *(Actual cover not as shown.)*

The Techno Evolution Continues (TI300CD) $17.95

Ambient Systems

Explore the more experimental, non-rhythmic and meditative side of Ambient music with this brand-new double CD collection. Mind-bending electronics, environmental sounds, snatches of voices, and exotic melodic lines blend together into utterly new and brilliant soundscapes. Follow performers like Sub Dub, Deep Space Network and Mysteries of Science into the frontiers of 21st century music. 2 CDs, 17 tracks, 133 minutes.

Ambient Systems (TI301CD) $17.95

♥ Human Mesh Dance: Mindflower

Mindflower is a lush, relaxed soundtrack for the mind created by one of the leading ambient artists, Human Mesh Dance. Rhythmless, floating journeys alternate with upbeat, gently danceable tracks guaranteed to lift your spirits. Cuts like "Wet Moon," "Skyflower," "Deep Phase," and "Birth of a Perfect Planet" will take you to places you've never been before.

Mindflower (TI302CD) $15.95

♥ EM:T 0094

Another groundbreaking collection of ambient and experimental music from the UK. Lots of grooves here, spiced with gorgeous vocals and blissed-out electronics. Selections range from the funky, jazz tinged sound of Coco, Steel, and Lovebomb's "Harlem," to the sexy French vocals of Strawberry Girl's "Poesie," to the 12-minute outer-space, trip-hop groove of Woob's "Void, Part One."

0094 (TI303CD) $15.95

Ohmega Tribe: Anodyne Wisdohm

Something different from a configuration of Italy's Lost Legion Alien Collective – Ohmega Tribe layers a variety of beautiful ethnic voices and sounds with spacy electronics, haunting melodies, and driving, trance-inducing beats. A hypnotic blend that weds the timeless and the technological. Perfect for a trance-dance party or tripped-out aerobics session.

Anodyne Wisdohm (TS802CD) $15.95

The Higher Intelligence Agency: Colourform

This is a bestselling release from H.I.A., England's Ambient Dub wizards featured on the *One A.D.* and *Two A.D.* collections. Catchy instrumental melodies, funky dance beats, and squishy, bouncing synthesizers create an infectious hour of new music. Standout cuts include "Spectral," "SpeedLearn" and "Conoid Tone."

Colourform (TW104CD) $15.95

♥ 23 Degrees: ...an endless searching for substance

Like the ethno-ambient pioneers Deep Forest, 23 Degrees draws its musical and spiritual inspiration from the indigenous tribal peoples of the world. They weave a magical blend of voices and environmental sounds with deep, reggae-tinged bass lines, haunting melodies, and plenty of programmed beats and live percussion. Explore the sound of the nineties' "modern primitive," a wonderful layering of electronic music and ethnic tonal colors.

...an endless searching (TS800CD) $15.95

♥ Heavenly Music Corporation: Lunar Phase

Lunar Phase is a meditative journey across the peaceful, starlit oceans of the moon. The mostly rhythmless songs like "Energy Portal," "Seafloor Starlight" and "Orgone" explore the spacier side of ambient music that strikes a soothing resonance deep within the being.

Lunar Phase (TS801CD) $15.95

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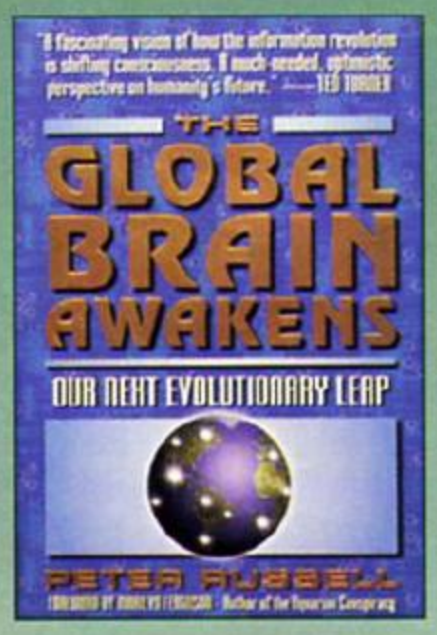
The Global Brain Awakens

NEW!

***The Global Brain Awakens* is a true "must-read."** It summarizes and extends Peter Russell's ideas – offering a compelling vision of humankind's current evolutionary crisis.

Described as "the new Buckminster Fuller," Russell agrees with his predecessor that nothing short of utopia can now save us from ourselves. But his is not a vision of gloom. He sees a global leap of consciousness as by no means inevitable, but paradoxically *immanent*. In ***The Global Brain Awakens,*** he confronts us with our unique, present human opportunity:



"For the first time in the whole history of evolution, *responsibility for the continued unfolding of evolution has been placed on the evolutionary material itself. We are no longer passive witnesses to the process but can actively shape the future."* How? He points to each individual's personal conscious growth:

"Conscious inner evolution *is the particular phase of evolution that we, in our corner of the universe, are currently passing through. From this perspective, the movement towards a social superorganism and the mystical urge to know an inner unity are complementary aspects of the same single process, the thrust of evolution toward higher degrees of wholeness."*

The Global Brain Awakens – Hardcover 345pp **(BG100) $22.00**

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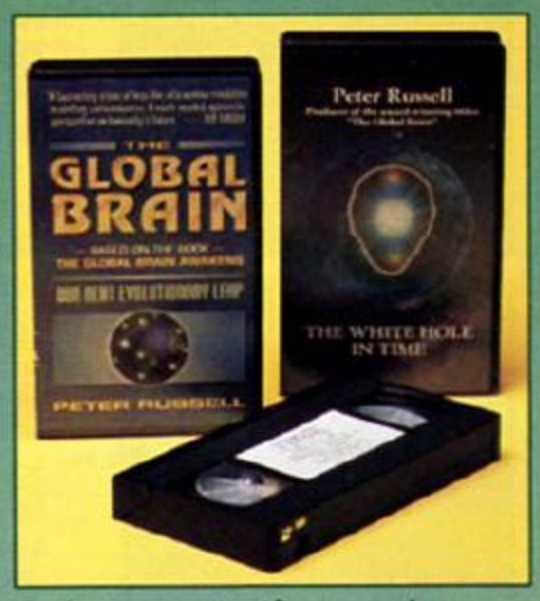

The Global Brain Video

Using visual images and computer graphics, this video presents an inspiring and optimistic vision of humanity's future. It explores the theory that the Earth is an integrated, self-regulating living organism and asks what function humanity might have for this planetary being. Are we some sort of planetary nervous system? We could be standing on the threshold of a major leap in evolution, as significant as the emergence of life itself.

"We have shown it to literally thousands of people... And in virtually all cases it has been a catalyzing force. For some it provided the first glimmer of a larger meaning to their lives; for others it was the inspiration that propelled them into creative action." – The U.V. Family

The Global Brain Videotape – 35 minutes, VHS **(GB103) $29.95**

The White Hole in Time Video

Exploring our ever-accelerating rate of development and the patterns behind our long evolutionary journey, this video looks at how we have arrived at this critical moment in history, and asks why it is that a species in some ways so intelligent can also behave in ways that are so insane.

It shows that a global crisis is now facing us, a crisis which is really a crisis of consciousness, of perception and values. The next great frontier is not outer space, but inner space.

The White Hole in Time Videotape – 27 minutes, VHS **(GB101) $29.95**

Inner Space

Hear Peter Russell talk about the universal human imperative – the exploration of **inner space,** where we can "push the envelope" of our planet's evolutionary frontier. 20-minute **audiocassette (GT100) $9.95**

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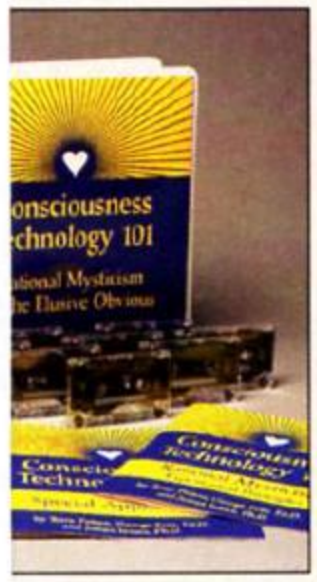
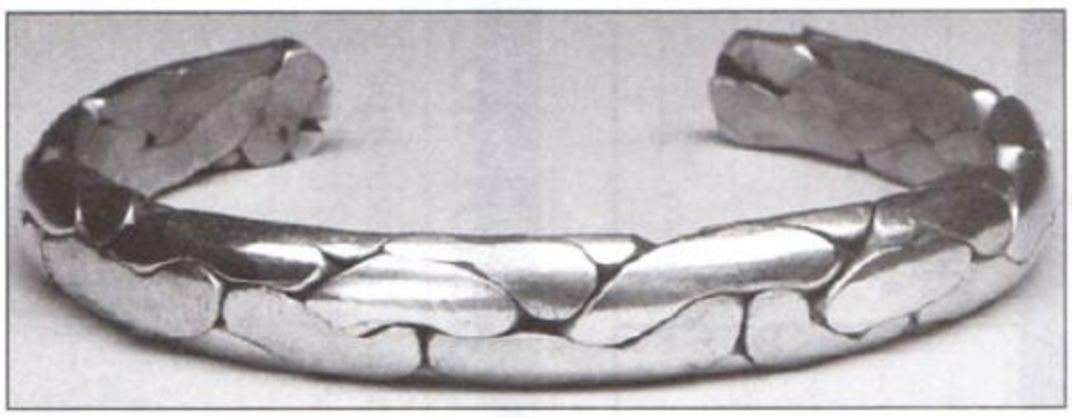


Tibetan Medicine Bracelet



This bracelet is handcrafted of copper, brass and nickel, and is an attractive piece of jewelry in its own right. In America, many people are familiar with health uses for copper bracelets, but in the healing traditions of India and Asia, copper is almost always combined with nickel and brass to help balance the energies of the body and maintain an overall sense of well-being. Handmade in Nepal. One size fits all. $30-$40 in other catalogs. Design may vary.

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Julian Isaacs, Ph.D. – internationally renowned conscious technology researcher; adjunct faculty, **The Saybrook Institute** and **John F. Kennedy University;** EEG biofeedback clinician; regular contributor, ***Megabrain Report;*** co-presenter, **Megabrain Workshops, EEG Spectrum Seminars.**

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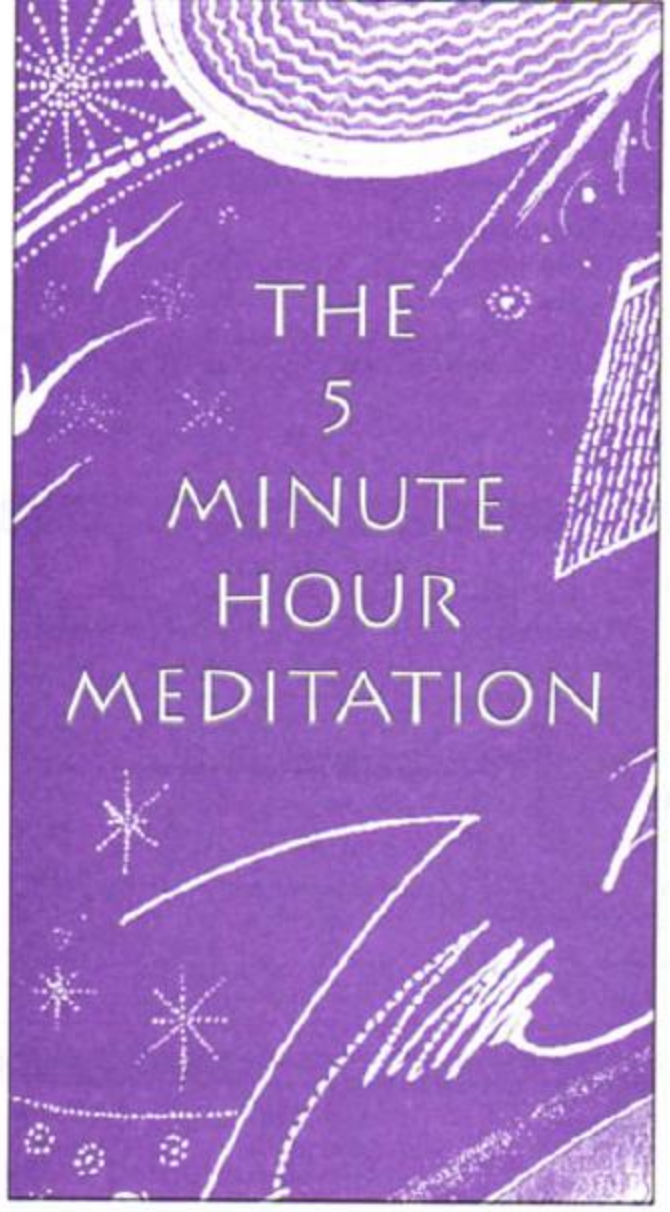

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Three unique 5-Minute Hour programs have been created by Marcus Uzilevsky, nationally known artist (renowned for his "linear landscapes" in the 1980s) and musician (one of the New Christy Minstrels in the 1960s), together with Frank Jordan, nationally known dowser and teacher.

When you watch Time Out (the first of the three programs), you see beautiful abstract artforms that slowly morph. The mind attempts to create order from the images, but they continually dissolve, and the mind stops focusing. You hear a background resonance in the key of C behind music, and a soft voice guides you through a natural process of relaxation and centering. Next you hear softly sung (but wordless) vocals that complement the centering and relaxing effects of the guidance, images and music.

3 Programs, 2 Products: The first **5-Minute Hour** is called **Time Out,** and it's available on video for $14.95 (or **FREE** with your order for $200 or more). The second and third are called **Mountain Time** and **Inner Home Time.** All three are available together on one video for $24.95. Or taste **The 5-Minute Hour** on the Worldwide Web at http://www.tiac.net/users/johnm/psi-tronic/.

5-Minute Hour/Time Out
Single program video. **(VD100) $14.95**

5-Minute Hour/3V
All 3 programs *(Time Out, Mountain Time, Inner Home Time)* on video. **(VD101) $24.95**

*** To receive your free video, just enter the product code (VD100) on your order or ask for it by phone *at the same time* you place your order of $200 or more. It's that easy! (Sorry, this offer is not available retroactively.)**

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